

STUFF TO BRING

FOOD - no need to bring, your ticket price includes three delicious vegan meals a day.

BUT DO PLEASE BE SURE TO BRING YOUR OWN PLATE/CUP/BOWL/CUTLERY

Bring your own plate, cup, cutlery and wash them up afterwards. We provide washing up bowls and biodegradable liquids. Bring your tea towels to dry up later, and a bag to carry it all in.

YOGA MAT and other kit

Please bring what you like to practice on. We do have a set of mats you can borrow but it is nicer to have your own. Also blankets and blocks if you like to use them. And it can be quite chilly in the morning classes and during relaxations or meditations so a blanket or three is a very good idea. Warm socks are helpful to ensure your toes are toasty enough to enable you to relax in the yoga nidra sessions!

SOMETHING TO SIT ON

Also if you are doing sitting practices like bhakti yoga or chanting then having something warm beneath you like a sheepskin or another blanket makes the difference between being able to focus on your practice and spending all your time thinking about your chilly bum and stiff legs. So make room for something comfortable to sit on! There will be a set of blocks in the Bhakti dome for sitting, but it is always nice to bring your own.

TENT

Or live in vehicle. Please note the vehicles need to stay up at the top of the field. Only tents in the main camping area. See 'CRUCIAL INFORMATION' doc or FAQ for where to camp.

TORCH and CHARGERS

Torch to find your way at night. If you want to use your gadgets while you are here you will need to bring something you can charge off a vehicle battery. Just to be clear: **There is no electricity.** It's dark at night.

SLEEPING MATS and BAGS

The ground can be hard so you'll want something soft to sleep on. It also gets quite chilly once the sun has set, so extra covers to put beneath and on top of you will ensure you can sleep through the night even if it is cold.

HATS of all kinds, WATERPROOFS, WARM SWEATERS, SUNSCREEN, SUMMER CLOTHES

It's England, there could be every kind of weather. This is a high and partially open site – when it is clear it's very sunny and you need a sunhat. When it rains, it pours. When the sun goes down, and sometimes in the morning too, it is cold, so bring a warm woolly hat and thick socks and you will stay toasty.

BIODEGRADABLE SHAMPOO etc.

Please do not wash yourself or your family with non-biodegradable soaps and shampoos. We provide biodegradable washing up liquids, and cleaners and there will be hand soaps for you to use too at the sinks and standpipes, but you'll need your own shampoo. No need for loo paper, we provide.

STUFF TO TRADE: bring and buy

We have a Bazaar on twice during the week afternoon and if you would like to be trading, then bring your wares!

ELECTRICITY – ??

Obviously we don't mean you need to bring it, we just want to remind you that there is only limited power on site for the Bhakti tent and there are no facilities for charging phones etc.

And this means, amongst other lovely stuff, that if you want your phone to keep on working then you, yourself, personally, will have to be responsible for organizing something to help you to do this, like an adaptor for your car or something wind-able or solar powered (and prayers for sunlight too). Just so you know, we don't have any facilities for charging anybody's anything. Sorry. It might just be better to leave anything that needs charging behind? Now there's a thought!