



P A C K I N G L I S T

CLOTHES

It's very easy to overpack, pack light and make sure you leave some room for gifts. All bedrooms are on the top floor of the house (one flight of stairs), there is no elevator and you will be responsible for carrying your bag.

Here are some essentials for you to bring along:

- appropriate clothing for your retreat
- jacket or sweatshirt
- rain jacket (for spring and fall)
- swimsuit
- comfortable walking shoes
- slippers for inside the house
- earplugs and eye mask

OTHER

Here are some other important things to bring along:

- reusable water bottle
- reusable mug
- hat
- sunglasses
- EU charger for electronics
- cash (for treatments, ebbio souvenirs, tips and taxis)
- toiletries
- beach towel (for any river or hot spring excursions)
- sunscreen
- bug spray
- any medication you might need
- umbrella
- journal & pen
- anything to make your stay more comfortable and any gifts to share
- your favorite tea or snack - we have fresh herbs from the garden that you can use for infusions and coffee pods for sale (10 for 10€) or you can bring your own

WHAT IS PROVIDED AT EBBIO

These items you will find at your disposal upon arrival at Ebbio:

- one set of bed linens for your stay
- 1 towel per guest (any additional towels are 5€)
- cups available during meal service only
- hair drier, body wash and shampoo
- double osmosis water available all day, a mini fridge in the common area, tea kettle and Nespresso coffee machine
- yoga mat (for indoor use only), blocks, strap, bolster, blankets, pillows, lavender filled eye pillow