

STUFF TO BRING

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 nice 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 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 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 bank. Only tents down in the main camping circle. See 'CRUCIAL INFORMATION' doc 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. **There is no electricity.**

SLEEPING MATS and BAGS

Because it has been so dry, the ground will 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, it's June. 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 you will stay toasty.

TICKS

No need to bring them. There are plenty here in the long grass. Good idea to bring tea tree oil to bathe any tick who may attach itself to you. They really don't like it and will usually drop off in disgust after 24 hours of tea tree oil baths.

FOOD

See the bit about the Karma yoga kitchen and camp shop below. If you are bringing perishable food then a bucket to fill for cool water is a good way to store your milk, eggs etc.

BRING YOUR OWN PLATE/CUP/BOWL/CUTLERY PLEASE if you would like to eat in the KARMA YOGA KITCHEN – Bring plate, cup, cutlery and wash them up afterwards. We provide washing up bowls and biodegradable liquids. If you forget your plate then we have a small supply we can lend out if you bring a £5 deposit – we return it to you when you bring the plate, cup and cutlery back to us.

CAMP SHOP

This is a table-top operation. So it's small - in the kitchen - selling a few basic camping provisions like baked beans, soya milk, soups, oatcakes, snacks and biodegradable sanitary towels. If you need fresh veggies or anything else, then the nearest place to go is Nailsworth, a couple of miles down the hill.

BIODEGRADABLE SHAMPOO etc

This is an ecological, environmental project site. Please do not wash yourself or your family with non-biodegradable soaps and shampoos. Our lovely sponsors at Health Mattes are providing us with biodegradable washing up liquids, and cleaners and there will be handsoaps 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 Saturday afternoon and if you would like to be trading, then bring your wares! Habiba Willow will have her second hand clothes stall, and offers to buy in bags of clothes if you want to have a clear-out! She offers £10 per black bin-liner of clothes – but no boots, shoes or heavy coats please. Thanks.

DOGS

Please only bring your 'guardian of being' (Eckhart Tolle's recent inspirational re-definition of dogs) if you absolutely promise hand on heart to pick up every single poo which the dog does. Every single one. Dogs should be on leads at all times in the camping and main circle areas. No dogs are to run free in this part of the site, day or night. If dog owners wish for their dogs to be off lead, they need to take them away from the camping and yoga tent areas and go into the farther reaches of the woodland (there are many amazing acres to explore), or up to the top part of the site. Be aware also that there is livestock in the top part of the site and no dogs are allowed into these pastures. Be aware also that some families bring small pets such as rabbits and guinea pigs with them, and dogs should be prevented from barking and snarling because it frightens these creatures (and their small humans too).