
NAMASTE IN THE MOUNTAINS PACKING IDEAS

Aside from the standard personal items, toiletries, and medications/supplements that you would usually travel with, we have a few suggestions to enhance your experience with us while on retreat at Shrine Mont.

Personal yoga mat - required for the weekend

Preferred yoga accessories: blocks, blanket, bolster

Yoga attire, with layers to accommodate temperature fluctuation*

Warm layers, cover-ups, jackets*

Re-fillable water bottles**

Insect repellent--though fortunately, Shrine Mont gets very few mosquitos

Hiking shoes/boots, if hiking is desired (not needed for time at camp)

Journal/Notebook and pen/pencil

If desired, a pillow that you are partial to, though one is provided for you. Towels & soap are also provided.

If you tend toward a chill at night, bring an extra blanket or wrap.

Specialty teas, snacks, and beverages that might enhance your retreat experience. Meals at Shrine Mont are delicious, house-crafted affairs. One likely won't go hungry! But know yourselves and stock snacks/other beverages, if needed.

Cash to tip the wait staff, kitchen, and housekeeping, if desired.

A few last notes:

You may wish to forgo electronic gadgets for the weekend. Shrine Mont does have public wifi in the Virginia House but it is limited and slow. If there is an emergency, your family or friends can call Shrine Mont at 540-856-2141.

The nearest pharmacy or grocery is 15 miles away. A community store is about 2 miles down the road and does provide basics, in case anything was forgotten.

** Even in mid-July, with temperatures in the 90s in nearby cities, mornings on the mountains can be as cool as in the mid to low 50s. Come prepared with layers!*

*** Shrine Mont and its surrounding burroughs are sourced by pure mountain spring water. Bring re-fillable water bottles to hydrate yourselves and partake of the mineral gifts found in the spring.*