



1 Conomo Point Road
PO Box 347
Essex, MA 01929
978-768-7374

WHAT TO BRING - a guideline to help you make the most of your stay. You'll spend time outside rain or shine so please arrive prepared.

FOOTWEAR AND CLOTHING

- Appropriate footwear is a closed-toe, athletic shoe that does not come off while walking on uneven trails or rocky shoreline. Sandals, slip-ons, and clogs are appropriate for the meeting space, sauna and hot tub.
- Comfortable, loose fitting casual clothing that is easily layered is the appropriate dress. Be sure to bring your swim suit for the sauna and hot tub (towels provided). For all seasons, guests are advised to bring multiple clothing layers including long sleeve shirts, long pants, socks, and a hat as this is the most effective way to address seasonal variables such as changeable weather and flying insects.
- Waterproof raingear and a full change of clothes are also advised.

BEDDING/TOWELS/INCIDENTALS

- Bedding and Towels provided
- Toiletries
- Ear Plugs (snorers may be among us)
- Flashlight and extra batteries - a headlamp is preferred
- Reusable water bottle and hot drink mug
- Sun block and lip stuff/insect repellent
- Camera
- Daypack or fanny pack
- If you are taking any prescription medications, including EpiPens and inhalers, bring them in their original container PLUS an extra supply in case of loss.

WHAT NOT TO BRING: Your colds, fevers, coughs and flu. For the safety of those with compromised immune systems as well as others in our group, please stay at home, get plenty of fluids and rest. You can join us at a future retreat!

Map/Directions:



<https://www.google.com/maps/place/1+Conomo+Point+Rd,+Essex,+MA+01929/@42.63907,-70.745521,15z/data=!4m5!3m4!1s0x89e3230a60f4aae3:0x646f4dc1ee0e1de1!8m2!3d42.6380008!4d-70.7438417?hl=en-US>