



Eco-Therapy Kit List

- **A mat or blanket.**
- **A notebook/journal and whatever, pencils, pens or drawing materials** you like to work with.
- **A day pack** - (Preferably with a waterproof cover) that leaves both hands free. Not a carrier bag or shoulder bag.
- **Comfortable, warm, movement clothes.** You will need these both for the movement we do in the hall and for when we work on site. Think layers. **A spare set in a dry bag, including socks.** Be prepared for unpredictable weather!
- **Outdoor shoes with good grip.** Wellies can be used to walk to and from sites but are not a safe or comfortable option for our outdoor movement practice.
- **Waterproofs** - jacket and trousers.
- **Hat, scarf and gloves.**
- **A packed lunch each day and any snacks that you may need.** Please be aware there will not be time to pop into the shop during our time together so ensure you have everything you need ahead of time.
- **A water bottle**
- **A thermos for hot drinks**