

# What to bring to a retreat?

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## For hiking

### - Recomendaciones para cualquier época del año

- Light clothing and warm clothing for trekking tours and starry nights (also in summer)
- Comfortable light mid-mountain shoes or light boots
- Walking sticks (optional)
- Raincoat
- Hat, scarf or buff for the neck and / or hat or cap for protect from the sun
- Sunglasses
- 1 lt. Water bottle (**indispensable**)
- Flashlight
- A small backpack (+ / -25 l.) for trekking tours
- Towel and swimsuit (summer)
- (summer)

### - In addition, if you come in Summer:

- Biodegradable anti-mosquito lotion
- Swimsuit
- A small towel to use outdoors, if you plan to swim in the river
- Biodegradable sunscreen, in case you want to swim in the river

### - In addition, if you come in Winter:

- For the snowshoeing excursions, it is necessary to bring waterproof mountain boots
- Appropriate trekking clothing for winter conditions
- A good down jacket or anorak (very important)
- Winter trekking pants or tights + waterproof trousers
- Hat
- Gloves
- Buff
- Specific sunglasses for snow.

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## For yoga practice and being at Casa

### - Any time of the year

- Comfortable yoga and meditation clothing
- Yoga mat (**indispensable**)
- Meditation cushion (**indispensable**)
- Blanket or shawl for meditation (**indispensable**)
- Masks and hydroalcoholic gel (**indispensable**)
- Earplugs for sleeping (if you think you might need them)
- Organic biodegradable soap/shampoo
- Toilet bag with everything you may need during your stay (sanitary pads, medicines, etc.)
- Thick socks for the no-shoes area (first and second floor) and sandals or slippers for the ground floor (basically something easy to put on and remove, we recommend something like "Crocs")
- Accessories you might need to practice yoga (mat, cushion, blanket, shawl ...), although we have to lend
- Camera, if you like to take pictures

**Note:** We will invite you to leave your mobile when entering Casa Cuadrau and forget about it until the retreat is over, to experience an electronic detox 🙄

- **A notebook and a pen**
- If you like to draw, paint or write, you will have time to explore your creativity. If you want you can bring your watercolors, brushes, colored pencils and everything you consider
- Si te gusta dibujar, pintar o escribir tendrás tiempo para explorar tu creatividad. Si quieres puedes traer tus acuarelas, pinceles, lápices de colores y todo aquello que consideres

## What not to bring?

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- It is not necessary to bring bed linen, the service includes duvet, blankets, bed linen and towel (if you plan to swim in the river please bring a small towel to use outdoors).
- Do not bring any **meat, fish, drugs or stimulants, including cigarettes and alcohol.**
- Do not wear **perfumes/after shave and/or strong-smelling lotions or deodorants**, as some people are particularly sensitive to odors or chemicals and may disturb during meditation sessions or asana classes.

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### Important

Taking a retreat at Casa Cuadrau is an opportunity to disconnect from your routine and, in order to create a conducive environment, we have chosen to not offer internet service. **We invite you to keep your mobile, laptop and other devices off** during your stay at Casa Cuadrau, and use the mobile, if necessary, outside our premises.

## Weather

Except in winter that can be very cold, usually in Vio we have a mild and pleasant weather, but be aware that we are at 1,210 meters of altitude and in the trekking tours we can climb to 3,355 meters. In the mountains the climate is changeable. In mid August we may be surprised with a severe storm, lower temperatures and in high mountains, even snow.