



# Packing List

Winter

## What to bring to Tabula Rasa Retreat

Healthy meals will be provided during your stay. Bring anything that you use on a daily basis, especially if it's an integral part of your routine- Unopened and sealed items only.

While you go through the detox process with ibogaine, it's important to be as gentle on yourself as possible. That being said, you won't need much while you're here, so pack light.

Remember:

practical, functional and comfortable are your primary goals for your packing list.

If you have any questions, please let us know.

### Suggested items to bring (in no particular order):

- Euros – in case you need items from the local supermarket
- MP3 / Headphones (NO WI-FI DEVICES)
- Phone / Camera (we will take these from you when you arrive)
- Special items that may help you feel comforted (photo, necklace, special relic, keepsake, healing crystals)
- Warm clothing
- Warm Pyjamas
- Spare underwear and socks
- T-Shirts
- Tracksuit bottoms
- Trainers
- Swimming Shorts
- Warm slippers
- Warm jumpers / fleeces
- Raincoat
- Any current medication you are taking (please let us know in advance)
- A positive/spiritual book that might have been recommended (we can make suggestions)
- Positive mental attitude :)

### Prohibited items:

Any of the items listed below will be confiscated during the search:

- illicit drugs/Alcohol- Any illicit item will be collected during the search and disposed of, as referred to in the informed consent.
- Open cigarette packs - If you are a smoker, bring with you sealed packs of cigarettes. Open packages will not be allowed.
- Unsealed liquids, pastes, cremes, mouthwash, toothpaste- TRR provides some of these items, others can be purchased at the local supermarket.
- Medical, pharmaceuticals, supplements- If you need to take any medication on a daily basis, you must to speak with our doctor before your admission. Any medication you bring with you will be reviewed by our medical team.
- Scissors, razors, shavers - Any sharp objects will be confiscated in the search for your own protection (If the team considers safe they will be returned to you at the exit or when you need)

