

**Family Retreat**

**Oasis**

**The ultimate packing list for your retreat**

***Temperature and Weather***

You can expect daytime temperatures of around 30 degrees C and nights around 20 degrees C in the summer. The weather in spring and autumn is generally stable, sunny and warm. You can expect daytime temperatures of around 20-24 degrees C and nights around 13-15 degrees C. There can be some days when it feels cooler but in the sun it can quickly get hot. Sunrise is around 6:30am and sunset at 9 - 9:30pm in the summer and around 8am and sunset at 7:30pm in the autumn.

See below for a list of recommended items to pack:

***Clothes***

\* Light summer clothes  
\* Swimwear, sunhats and sunglasses, floater or armbands  
\* Yoga clothes  
\* Clothes you can layer, especially for kids   
\* Cardigan, wrap or jumper, long trousers and socks for early mornings and nights (for autumn retreats)  
\* Pyjamas or comfortable indoor clothes  
\* Flip-flops, sandals and trainers  
\* Baby sleeping bag for cot-users (we provide sheets and a blanket)

\* Ladies- please bring with you one white dress for mid-week’s surprise event

***Other things***

\* Sun-cream ( we have sun-cream for children on site)  
\* Nappies (if your child uses them)

\* Child carrier or sling such as manduca/ergo baby etc. so you can be hands-free travelling, if it’s relevant for the age of your child. Even if you bring a pram/stroller you don’t get it back until baggage reclaim. The baby carrier is also useful for the beach to carry your child/baby, allowing you to have hands free for other bags, towels etc.

\* Pram or stroller for walks and especially if your child naps in the morning.  
\* Sarong or beach towel, we do provide towels for the pool  
\* Baby bottles and formula if you use them (we provide organic cow’s milk, oat milk, almond milk and soya milk)  
\* Labelled sippy cup or portable water container for child  
\* Small personal bag or kid’s rucksack for the carers with nappies, wet wipes, change of clothing, sunhat and water, ideally labelled with your child’s name

\* Your child’s favourite toy

\* Baby Monitor, if you use one - this is for the evenings if you want to hang out in the common areas   
\* Journal or book   
\* Supplements or medications you may need (Valencia pharmacies have everything and we have a first aid kit on site)  
\* Snacks for the trip or go-to comfort snacks when your child gets cranky  
\* Guest coming from UK, USA and Switzerland adaptor plug for 230 V