Retreat Preparation & Considerations

Dark Retreats Oregon, Tidewater Oregon
Check in 2:00–4:30 pm
Check out 11:00 am

RETREAT INTENTIONS

Please formulate your intention before arriving. Message us for assistance.

Considerations:

1. Why have you chosen to retreat in total darkness?
2. What are your favorite self-care practices?
3. What is your relationship with the dark?
4. What are your first memories of the dark?
5. How do you envision communication during your retreat?
6. How many days do you wish to be in the dark?
7. How many days do you wish to be in transition and what might this look like?
8. How do you wish to emerge into the light?
9. How will you use the space profound rest has cleared?

PACKING CONSIDERATIONS

Trust yourself and your guidance.

1. Toiletries. A hand and bath towel will be provided.
2. Self-care. Items you are familiar using on & for yourself.
3. Mindfold. Purchase and practice using your mindfold. Your comfort with the dark must begin before you arrive here. We have mindfolds you may use during your retreat.
4. *Remedies*. Essential oils, etc. Scents can quickly alter your thoughts. Please be considerate of perfumes & disclose prescribed medications.
5. Warm clothes. You have control over the temperature of your room via a radiant room heater and come prepared for Pacific Northwest weather.
6. Cool clothes. At least one set.
7. Slippers/sandals/house shoes. There are many rugs and a few steps on the hard floor which may feel cold.
8. Ear plugs. This provides you more control over sounds you may hear. It is very likely you will not need them.
9. Sunglasses. Optional for emerging back to light.
10. Bedding. We have the basics and extras so this may be an item such as a sleeping bag or special blanket.
11. Comfort items. Think teddy bear.
12. Writing materials. It happens, sometimes quite poetically. Find a system that works for you and practice before coming. (So you don't write over lines and lose profound insights.)
13. Recorder. Some might choose to use a recorder over the possible distractions of writing. We have them available.
14. Consider what you need to energetically to clear your own room. Supporters do something in this regard, but you may want to do more.

Think glamping in the Dark.

Bring your comfort items, including snacks.

Luxury of the dark awaits.

Do you need any-thing else?

Or
What else could go right, is not a question, as Finnpo says.

FOOD AND BEVERAGE

We are happy to serve you and are not a restaurant.

We will prepare two meals daily which will be home style comfort food that is cooked or assembled with pure intentions to nourish, support restfulness and/or your retreat intentions. Vegetarian/omnivore food is provided including organic and/or the highest quality we have access to including grown onsite or wild harvested; mostly vegetarian. Meals may include honey, eggs, butter and cheese.

Some sleep cycles shift. To allow your body to find it's own flow, we suggest randomizing meals (combinging mealtime to one delivery, type of meal, time of day, etc). This may help you create a personal rhythm and fully realize your rest and dreaming. If you feel compelled, we can regulate mealtimes that best suit you. Fasting is not recommended.

1. Bring as much personal comfort food as you would like to keep with you in your room. (The dark brings back many memories and some retreaters have special cravings for childhood cereal, chocolate or specialty teas. Come prepared with these moments in mind. We have a selection of chamomile and peppermint tea.)
2. If you choose, a personal cooler is provided and kept in your room. We can provide frozen water bottles and trade them out with you each day.
3. ***Discuss special diets with us at least one week prior to your retreat.***
4. All of our water is from an artesian spring. Bring a thermos or pick from a variety in DRO's community basket. An electric kettle is in each room and can be used and explored while still in the light to gain familiarity and comfort. Or we can provide hot water daily, if that is preferred.
5. Fresh vegetables and fruits are welcome to contribute to the kitchen.

SLEEP

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Intake items for further discussion:

- Communication & Signaling with supporter
- Food allergies
- Orientation of land and retreat space
- Trails including where you may want to see when you first return to light
- Emergency contacts & Liability Release Form
- Other?