



pause-project.co.uk  
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## **Ceremony Packing Guide: Pack Light, Travel Inward**

We believe in making your experience as seamless and comfortable as possible. We provide all the essentials—including fresh water bottles, cozy bedding, pillows, and beds, so you can arrive without the burden of heavy packing.

To ensure your journey is safe and grounded, you only need to bring the following:

### **1. Comfortable Clothing**

You will be lying down, sitting up, and moving around over several hours.

Loose-fitting layers: Think sweatpants, oversized t-shirts, hoodies, or yoga wear. Your body temperature can fluctuate during the ceremony, so layers are your best friend.

Warm socks: Feet tend to get chilly when the body settles into a deep state of relaxation.

Slip-on shoes: For easy transitions if you need to step outside.

### **2. A "Prepared State" (Your Internal Packing)**

The most important thing you bring cannot fit in a bag.

The Dieta: A body and mind prepared through our 5-day nutritional and digital detox.

An Open Mind: Arrive with your intentions, but leave expectations at the door. Let the medicine show you what you *\*need\** to see.

### **3. A Personal Comfort Item**

Bringing an object that holds grounded, positive energy or sentimental value can act as a beautiful anchor during your journey.

Examples: A favourite cozy blanket, a soft toy, a crystal, a photograph of loved ones, or a small sentimental item.

### **Disconnecting Safely & Peace of Mind**

As your phone will be turned off and put safely away during the ceremony, we want to ensure you feel completely secure while off the grid.

**For Your Loved Ones:** You may pass our contact number—\*\*07496264191\*\*—on to your designated emergency contact. Please ask them to ensure this is used *only* in a genuine emergency.

**Our Promise:** We will collect your emergency contact details before we begin and will promptly inform them if there are any issues or concerns during the ceremony.

This leaves you feeling completely free to focus on your healing, whilst we take care of the outside world for you.

### **What to Leave Behind**

Heavy Jewellery or Tight Belts: Anything constrictive that might disrupt your physical comfort.

Expectations: Give yourself permission to completely let go of control.