

## Things to bring with you

- \*Beddings (single bed) ex: sleeping bag, sheet / duvet. We provide mattress cover, fitted sheet pillow and pillow case.
- \*Personals: towels, toiletries, flashlight, mosquito repellent. **Please spray yourself outside at all times**
- \*Clothes for all seasons....we never know!
- \*Shoes, sandals or slippers to walk inside (Thabor)
- \* Your own simple food If you have food restrictions. Note that, for hygiene reasons, the fridge of « La Manne » **can not contain your personal food**
- \* If you have allergies and/or health problems, please let us know before coming.
- \* « La Manne » provides you with simple food, available 24h: eggs, bread, yogurt, milk, cheese, soup and/or chili, raw veggies (carrots, cucumber...), apples, nuts, cereals (*Bran Flakes, Granolas, Quick rolled oats*), tea, herbal tea, instant coffee, hot chocolate mix, honey, sugar, salt and pepper

« La Solitude is your nest to have a pause from everyday life by engaging into Simplicity, Solitude and Silence, the three main values of La Solitude. Therefore, we prepare to eat simply (list above). We are in Solitude in our cottages and on the land. We commit to Silence everywhere! (except in the Thabor, our meeting room). It's a unique experience to live fully and a collective journey into Simplicity, Solitude and Silence. »



# La Solitude

de Pré-d'en-Haut