

WEGroup

GLOBAL

Packing List

CATHY DERKSEN, REIGNITE YOUR IMPACT RETREAT

This is a suggested packing list to help you prepare for your 3-night retreat in New York. Late September and early October in NYC brings crisp, golden days — one of the best times to be in the city. Pack light layers you can add or remove throughout the day, comfortable walking shoes, and everything you may need for professional sessions and evening events.

Feel free to adjust the list based on your personal preferences and specific needs for the trip.

Tops

- Lightweight, moisture-wicking t-shirts (breathable and ideal for layering)
- Long-sleeve tops for cooler mornings or evenings
- Blouses or button-up tops (versatile for casual or dressier occasions)
- Lightweight sweater or jumper for layering
- Medium-weight jacket (great for crisp autumn days)

Bottoms

- Trousers, pants, or jeans for day-to-day wear
- Skirts or dresses for evening events (pair with light tights if the evening is cool)
- Leggings or comfortable bottoms for layering or casual activities

Outer Clothes

- Light to medium insulated coat (for cooler evenings)
- Light packable jacket (early autumn can surprise with a cool change)

Other Clothes

- Enough underwear for the duration of your trip
- Bras, including a sports bra for any casual exercise or activities
- Pyjamas or sleepwear (nights can be cool)
- Light layers to easily adjust to indoor and outdoor temperatures

Footwear

- Comfortable walking shoes with good support (for exploring the city)
- Water-resistant shoes (just in case)
- Dress shoes or heels for business meetings or dinners
- Comfortable socks (light or medium-weight)

Accessories

- Sunglasses (autumn sun can still be bright)
- Light scarf or wrap (perfect for cooler evenings or breezy walks)
- Jewellery and a watch
- Notebook and pen (for workshops/discussions)
- Travel adaptors (if necessary)
- Reusable water bottle

Misc Items

- Any required medications plus basics for travellers' ailments
- Personal hygiene items and toiletries
- Make-up and beauty products
- Lip balm and moisturiser (cool autumn air can dry your skin)
- Basic first-aid kit (including pain medication)
- Ziplock bags (for storing wet clothes or toiletries)
- Passport and travel documents
- Travel insurance information
- Cash (as some places may not accept cards)