



Packing List

KRISTINA GEORGE ACA AGENT RETREAT, NASHVILLE

This suggested packing list will help you prepare for your 3-night retreat in Nashville. March weather is cool and changeable, with mild days and brisk mornings and evenings. We recommend packing breathable layers, smart-casual outfits for sessions and dinners, and comfortable shoes for walking around the mid-town area.

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

Tops

- Lightweight, breathable t-shirts
- Long-sleeve shirts or polos for cooler mornings
- Smart-casual tops suitable for day-to-night wear
- Lightweight sweater or jumper for layering
- Light jacket or blazer for added warmth indoors or out

Bottoms

- Comfortable trousers, pants or jeans for daily wear
- Optional: skirts, dresses or dressier pants for evening dinners
- Activewear or relaxed options for downtime

Outer Clothes

- Light insulated jacket or windbreaker for cool mornings and evenings
- Packable rain jacket or small travel umbrella (March can bring light showers)

Other Clothes

- Undergarments for the duration of your stay
- Sleepwear or pyjamas

Footwear

- Comfortable walking shoes with good support
- Optional: dress shoes for dinners or evening outings
- Casual shoes or sneakers for travel and downtime

Accessories

- Sunglasses (Nashville can still be bright in early spring)
- A lightweight scarf or hat for cooler temperatures
- Watch or jewellery if desired
- Notebook and pen for sessions and personal reflection
- Reusable water bottle
- Travel adapters (if travelling internationally)

Personal Items

- Any medications you require (plus a few basics like motion sickness or cold/flu meds)
- Toiletries and personal hygiene items
- Lip balm and moisturiser (helpful for dry indoor heat or flights)
- Small first-aid kit (band-aids, pain relief, etc.)
- Ziplock bags for toiletries or wet items
- Passport or photo ID (if required for travel)
- Travel insurance documents
- Some cash for incidental purchases (most places accept cards)