

Sweatlodge Information Sheet

What to expect at this event

The workshop is created around this format:

8.45/ 9am arrival

9.15am: welcome, check-in, Nature craft, intentions for the fire

10am : lighting of the fire

after: intention setting and preparation linked with theme of the lodge

11.45am: enter the lodge

2pm: exit the lodge (approx)

2.15-3pm: food and sharing

3pm close



What to bring

After registering for this event, you will be sent an event waiver to complete. A week before the event, we will send you an email with everything you need to know for the day.

You will need:

- a couple of old towels that you are happy to get sweaty and muddy
- clothing for the lodge: traditionally men wear shorts and women wear a dress or sarong with swimwear underneath. You are welcome to wear what makes you feel comfortable (bearing in mind that you will get sweaty and hot), however clothing is required and please don't turn up in only swimwear or underwear.
- warm clothes for after the lodge. Traditionally we do not wash or shower immediately after a lodge so bring clothes that will make you warm. A dry robe is ideal for entering and exiting the lodge, however you will want tracksuit trousers and bottoms for eating in the cabin.
- journal and pen

Please also bring any food you would like to share in the cabin afterwards (this is an offering, not a requirement and food will be provided)

You will also be invited to bring an item for the alter should you wish. The alter is a space where you can lay any meaningful items you have to be cleansed and blessed during the sweat lodge ceremony.

Some people like to fast before a Sweat Lodge. It's important to do what feels safe and right for you. If you think you may like to eat before you enter, please bring something with you.

It is traditional not to take water into the Sweat Lodge. However, when the door opens after each round, we will share water. You can ask for some, and you can bring in your own bottle of water if you prefer.

Metal jewellery can get hot in the Sweat Lodge. Taking it off is not a requirement, but it's something to consider. Glasses and contact lenses cannot be worn inside the lodge. The darkness means that no one can see inside the lodge, if you struggle to see without your lenses someone will always be on hand to support you. There is also always somebody to accompany anyone if they need to leave the sweat lodge midway through.