



The Joyful Escape - What to bring

Expected temperatures
September:
25-35 degrees

Dress code: Relaxed
Shorts, t-shirts, vest top,
sundresses etc

Note: When visiting Assisi it is not permitted to visit churches or the hermitage of St Francis wearing shorts or bare shoulders. I usually opt for a dress with sleeves or have a scarf to cover my shoulders

You'll also need

- Pilates clothing (not essential, shorts and vest top are fine - it will be warm)
- Swimming costume/bikini
- Sandals
- Closed shoes to walk in (there are some slithery friends around. Trainers are ideal)
- Sun hat
- Sunglasses

Don't Forget

- Sun cream
- Mosquito repellent
- Books
- Passport
- Travel insurance details
- Flight documents
- Toiletries
- Some Euros (card can be used most places)

Towels are provided for both apartment and pool
Pilates mats and equipment provided

Wine is provided with meals, with the option to purchase more.
No spirits are provided, so if you fancy a G&T visit duty free on your way