



# WHAT TO BRING TO RETREATS

*Medications (including over-the-counter and vitamins) must be in their original container.*

- Warm Sleeping Bag and Pillow (or bedding for a twin mattress)
- Casual and Comfortable Clothing. Camp is informal. Be prepared for either warm or cool weather no matter the time of year. Ensure you have layers.
- Warm Jacket. You may even want to pack mittens and a hat.
- Long Pants and Shorts
- T-Shirts and Sweatshirts
- Pajamas
- Socks, Underwear, etc.
- Toothbrush and Toothpaste, Other Toiletries
- Bath Towel, Washcloth, and Soap, Shampoo, Conditioner
- Tennis Shoes and/or Hiking Boots. Make sure you have a pair of comfortable, closed-toed shoes for hiking.
- Reusable Water Bottle. It's important to drink more water at higher elevations.
  
- Journal/Pen/Pencil (optional)
- Rain Jacket/Poncho
- Sandals
- Flashlight
- Sunscreen and Bug Spray

## **Optional Things You May Want to Bring:**

- Camera
- Chapstick and Lotion
- Sunglasses
- Sun Hat or Cap
- Extra Shoes and Socks
- Small Backpack