

## Packing Checklist for Retreat-(suggestions)

### Clothes-Layer for Weather

Jackets, Hoodie, Gloves, Hat, Sunglasses

Tops

Jeans

Undies, Bras

Socks, Slippers

Pjs, Robe

### Outside Stuff

Camp Chairs

Flashlight

Boots (IF MUDDY)

### Various

Medicines   Glasses   Herbs

Mirror   Vitamins   Alarm clock

Personal snacks   Personal beverages

Drums, rattle, and ceremony clothes

### Toiletries

Make-up, (face products)   Deodorant

Shampoo, conditioner, comb, brush (Hair products)

Hair bands, clips, curling iron, blow dryer

Toothbrush, toothpaste (teeth products)

Soap, body wash (bath products)

### Bedding and Linens

Pillow, pillow case, sheet, blanket, comforter OR sleeping bag

Bath Towel, hand towel, washcloth

### Technology-chargers, etc

Notes: There will be limited phone and technological reception down there. If it is muddy—plan for socks or slipper indoors. We will be unplugged and ready to rejuvenate!

