

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. Be prepared for both warm and cool weather, no matter the time of year. Wear **layers**.
- Warm jacket, maybe even mittens and a hat.
- Tennis shoes and/or hiking boots. Have a **comfortable pair of closed-toed shoes** for hiking
- Long pants
- Shorts
- T-shirts
- Sweatshirts
- Socks, underwear, etc
- Swim suit and beach towel
- Rain jacket/poncho
- Sandals for the beach!
- Toothbrush and paste
- Soap, shampoo, conditioner
- Other toiletries
- Bath towel, wash cloth
- Reusable water bottle. It's important to drink more water at higher elevations!
- Flashlight
- Sunscreen and bug spray

Optional

- Camera
- Chapstick
- Lotion
- Extra shoes and socks
- Sunglasses
- Journal, pen/pencil
- Small backpack