



Packing List

---Day Hike Supplies---

- Day pack (i.e. school book bag)
- Canteen or water bottle
- Pencil

---Clothing---

- Underwear, 1 pair per day
- Socks, 1 pair per day plus 2 extras
- Pajamas
- Jeans(fall/winter) or other long pants
- Shorts (summer)
- Shirts, long and/or short sleeved
- Sweater or sweatshirt
- Warm jacket, hat and gloves(winter)
- Shoes suitable for hiking
(no flip flops or new shoes or boots)
- Rain coat or poncho (for all seasons)
- Warm weather clothing (i.e. shorts)
- Sunhat
(depending on the weather)
- Shoes suitable for hiking
(no flip flops or brand new shoes or boots)
- Rain coat or poncho (for all seasons)
- Warm weather clothing (i.e. shorts)
- Sunhat

---Optional Items---

- Shower flip-flops
- Hand lotion
- Insect repellent, if desired
- Sunglasses
- Laundry bag
- Musical instrument or camera
- Cold weather gear (gloves, etc.)

---More Optional Items---

- Book for your own time
- Flashlight

---Bedding---

- Sleeping bag (or sheets with 2-3 warm blankets)
- Extra blankets depending on the weather
- Pillow

---Toiletry Items ---

- 2-bath towels, hand towel
- Wash cloth
- Toothbrush & toothpaste
- Brush/comb
- Soap
- Shampoo
- Chap stick
- Sunscreen



---Suggested Clothing---

Make sure all clothing is comfortable and can get dirty!

The weather can be unpredictable during all seasons at the retreat center. Bring warm, comfortable clothing appropriate for participation in outdoor activities.