

# Suggested Clothing & Equipment List

## YMCA Wanakita Women's Wellness Weekend

### **Clothing**

Socks  
Underwear  
Pants  
Shorts  
T-shirts  
Long sleeved shirts  
Jacket  
Beach towel  
Raincoat  
Bathing suit  
Hat  
Shoes – for hiking, walking

### **Toilet Kit**

Soap, toothbrush, toothpaste,  
comb & brush  
Towels & wash cloth  
Kleenex  
Bug repellent  
Sun screen  
Lip balm

### **Bedding**

Sleeping bag  
OR  
Blankets and sheets  
Pillow  
Pajamas

### **Optional Equipment**

Flashlight  
Camera  
A good book  
Musical instrument  
Sun glasses  
Table games & cards  
Munchies in a sealed container  
(we provide lots but you may  
want more!) no nuts please  
Lawn chairs, TV trays, foldable  
card table  
Insect repellent  
Travel Mug & Water Bottle  
Yoga Mat if you plan to do yoga



#### *Just a reminder...*

Plan for clothing that is suitable for the time of year (a bit of everything) and that will take you through your whole stay at YMCA Wanakita!

If you bring alcohol! You must bring it in plastic containers or cans. A travel Mug comes in handy.

Enjoyment with discretion is our policy.