



Packing List for Adult Retreats

Sleeping Essentials:

- Sleeping bag **OR** twin sheets
- Pillow and pillowcase
- Blanket(s) for your bed

Personal Care Items:

- Toothbrush/Toothpaste
- Shampoo
- Blow dryer
- Soap
- Bath towel, hand towel, and washcloth
- Robe
- Other personal items

Clothing:

- Items that can be layered for warmth and comfort
- Slippers or thick socks to wear in the cabin
- Hiking boots/closed toe shoes

For the Great Outdoors:

- Seasonal gear (appropriate for weather)
- Sunscreen
- Insect Repellant

Other Items:

- Hat
- Flashlight or headlamp
- Water bottle
- Musical instruments
- Camera
- Bible
- A favorite game or puzzle to share
- A good book
- Notebook and pencil