

# LVR Women's Retreat

## Suggested Items to Bring

- Bible
- Toiletries & towel
- Sleeping bag and or bedding (at least 30 degree)
- Extra blanket for stargazing (optional)
- Pillow
- Clothing for sleep
- Pants & shorts for each day
- Short & long-sleeved shirts for each day
- Sandals to wear in the shower
- Sunscreen
- Tissues or handkerchief
- Camera
- Sturdy shoes
- Flashlight or headlamp
- Water bottle
- Rain jacket or waterproof outer shell
- Hat or cap
- Yoga mat (optional)
- Warm jackets/sweatshirts/coat for layering
- Day pack (optional for hikes)
- Snack to share (optional)
- Mug to exchange (optional)
- Book(s) to exchange/give (optional)
- Gun(s) & ammo (optional)
- Cash or card for massages \$20 for 20 minutes (optional)
- Cash for Country Store (optional)

Make sure to bring clothes that can be layered!