

# **LVR Women's Retreat**

## **Suggested Items to Bring**

- Bible
- Toiletries & towel
- Sleeping bag and or bedding (at least 30 degree)
- 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
- Warm jackets/sweatshirts/coat for layering
- Yoga mat (optional)
- Day pack (optional for hikes)
- Snack to share (optional)
- Book(s) to exchange/give (optional)
- Gun(s) & ammo (optional)
- Cash for massages, 20 minutes for \$20 or 40 minutes for \$40, plus tip (optional)
- Cash for Country Store (optional)
- Swimsuit for the hot tub! (optional)

### **New This Year:**

- Gun cleaning kit (for the course, if you have one and want to join; you can still join if you don't have a kit)

Make sure to bring clothes that can be layered!