## PACKING LIST

adult retreat edition

## THE ESSENTIALS

| T-Shirts                  | Pillow                                  |
|---------------------------|---|
| Long-sleeved shirt        | Sleeping bag or other warm blanket      |
| Shorts                    | Twin & Queen size sheet - your bed will |
| Comfortable pants         | be either of these two sizes.           |
| Underwear                 | Bath towel & washcloth                  |
| Jacket/sweatshirt         | Beach towel                             |
| Socks                     | Reusable water bottle & coffee mug      |
| Swimsuit                  | Flashlight or headlamp                  |
| Pajamas                   | Toiletries - shampoo, conditioner, face |
| Poncho/raincoat           | wash, body wash, deodorant, toothbrush, |
| Water shoes               | toothpaste  Bug spray                   |
| Comfortable walking shoes |   |
| Shower shoes              | Medications                             |
|                           | Umbrella or rain coat                   |
|                           |   |

## **OPTIONAL ITEMS**

| Camera            | Recreation items -       | Portable comfy chair |
|-------------------|--------------------------|----------------------|
| Phone and charger | kayak, bike, tennis gear | or cushion           |
| Mattress pad      | Hiking boots             | Musical instrument   |
| Box fan           | Bug repellant/sun screen | Favorite book        |
| Alarm clock       | Journal                  | Small first aid kit  |
|                   |                          |                      |





