

Retreat Packing List

*****Please note that this is a device free retreat*****

Sleeping Bag

Warm Blanket

Pillow

Flashlight

Water Bottle

Toiletries

Toothpaste, toothbrush, deodorant

Weather Appropriate Clothing – It's chilly up there so make sure you have layers to wear.

- **Jeans**
- **Boots/Runners**
- **Long and or short sleeve shirts**
- **Sweater**
- **Rain jacket**
- **Socks**
- **Hat**
- **Toque**
- **Gloves**
- **Indoor slippers(optional)**
- **Bathing suit if you would like to use the sauna**

Optional

Games (No video games)

Craft supplies ex. bracelets

Instrument

Any phones brought to retreat will be collected, placed in a safe location and returned during specified times at the discretion of Liam.