



Rocky Mountain Ecodharma Retreat Center

<https://rmerc.org>; info@rmerc.org

RMERC Retreats - What to Bring

The most important thing you can bring is a flexible attitude, ready to accept and adjust cheerfully to the surprises that weather and circumstances may present. It helps a lot, too, if your clothing and equipment are suitable. If you are unsure what to take with you, ask us. If in doubt, bring it, as there is no place to purchase gear nearby.

Please do not bring a radio, music player, iPod, laptop, books, axe, alcohol, marijuana, or illegal drugs. Think about whether you really need a camera; is it consistent with the intentions of a retreat?

Daytime temperatures are usually in the 70s or low 80's, at night in the 50s. We are in the mountains, so there is always a chance of cold, rain, hail, and wind, though those tend to be brief.

Packing List

The following is a list of essentials; you are welcome to fine-tune the clothing.

For Solos and for Camping Lodgers

- Tent (1 per person, even if you are a couple); small backpacking tents are ideal.
- Sleeping bag: minimum 3-season.
- Sheet, pillow and pillowcase for comfort.
- Sleeping pad.
- One gallon empty water jug.
- Water filter or purifier, or enough purification pills for the solo.
- A small backpacking stove and fuel is **OPTIONAL** for the solo (you do not need it).
- The solo food provided does not require cooking, but you can bring a small stove to heat up food, tea, coffee, etc. if you want. Note that airlines do not allow you to bring camping stove fuel canisters.
- Backpack for solo (large enough for tent, sleeping bag, food, clothing and gear). Or you can camp close to the lodge and walk your gear to your site in several trips.
- Bear canister or bear bag for solo food: if you have one bring it. There are bear cans to borrow as well.

For Everyone

- Bath towel, small camp towel
- Small first aid kit
- Packable chair: Crazy Creek, Thermarest or similar light packable chair for taking on hikes to sit. There are carpet pads to borrow for this as well. There are outdoor chairs at the lodge.
- Water bottles: Two 1 liter.
- Insulated coffee/tea mug with lid
- Small tupperware-type container(s) with a tight lid for packing lunches
- Plastic or metal plate and bowl, knife, fork, spoon
- Daypack or large waist pack

- Sunscreen and lip balm
- Hat (wide brim, for the sun)
- Sunglasses
- Insect repellent
- Mosquito head net
- Umbrella
- Headlamp/flashlight (plus batteries)
- Watch (necessary)
- Emergency whistle (necessary)
- Small notebook and pen
- Hiking shoes or light boots, broken-in before the retreat
- Other comfortable shoes for short walks
- Long-sleeve and/or short-sleeve shirts: (2-3) fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Bandana
- Bathing suit (for creek bathing)
- Solar shower (for creek bathing)
- Rain pants
- Hiking Socks: 3-4 pair synthetic or wool
- Underwear
- T-shirts or shirts: (2), soft cotton, long or short sleeve
- Warm underlayer, shirts (2) and pants (1), warm-when-wet fabric such as smartwool or capilene, etc.
- Parka: waterproof and windproof shell jacket
- Warm layer for under the parka, such as a fleece jacket

This is a nature retreat. There are no laundry facilities, if you are staying both weeks bring more clothes, or you may wash clothes in the creek.

Personal:

- Checks or Cash for Teacher/Staff Dana
- Notebook and Pen
- Toiletries, sunscreen, etc: biodegradable and scent-free please
- Medication(s)
- Small amount of snacks and drink mixes (see above)
- Small simple camera (maybe)
- Personal first-aid needs
- Scissors/nail cutter/nail file
- Extra sunglasses/eyeglasses and hat