

## What to Bring - A General List for RMERC Retreats

Please check your retreat description for details; otherwise you can the list below.

### For All Retreats

- Water bottles: One or Two 1 liter.
  - Insulated coffee/tea mug with lid (optional)
  - Sunscreen and lip balm
  - Hat (wide brim, for the sun)
  - Sunglasses
  - Comfortable shoes for short walks
  - Slippers for indoors, shoes are not allowed in the lodge
  - Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
  - Shorts: fast drying, non-cotton
  - Pants: fast drying, non-cotton
  - Underwear
  - T-shirts or shirts: soft cotton, long or short sleeve
  - Warm underlayer, shirts and pants, 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
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- Personal:**
- Checks or Cash for Teacher/Staff Offerings (Dana) PLEASE DO NOT FORGET  
Venmo will also be acceted
  - Notebook and Pen
  - Toiletries, sunscreen, etc: biodegradable and scent-free please
  - Medication(s)
  - Small simple camera (optional)
  - Personal first-aid needs
  - Scissors/nail cutter/nail file
  - Headlamp/flashlight (plus batteries)

### For Camping Lodgers

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net

### For Nature and Outdoor Retreats

- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- Small tupperware-type container(s) with a tight lid for packing lunches

- Plastic knife, fork, spoon for trail lunches
- Daypack or large waist pack
- Insect repellent
- Mosquito head net
- Umbrella
- Watch
- Emergency whistle
- Small notebook and pen
- Hiking shoes or light boots, broken-in before the retreat
- Rain pants
- Hiking Socks: 3-4 pair synthetic or wool
- Small amount of snacks and drink mixes