



## Suggested Packing List

- ☐ Comfortable clothing for a wide range of weather conditions and physical activities. We recommend layers!
- ☐ Running shoes or hiking boots
- ☐ Rain jacket and rain pants
- ☐ Waterproof footwear
- ☐ Ear plugs and/or eye mask
- ☐ Pyjamas
- ☐ Flashlight or headlamp
- ☐ Swimsuit and towel
- ☐ Sandals or water shoes
- ☐ Sunscreen
- ☐ Sun hat
- ☐ Bug spray or bug hat/jacket
- ☐ Water bottle
- ☐ Warm hat (toque)
- ☐ Gloves/mitts
- ☐ Toiletries
- ☐ Notebook and pen
- ☐ Yoga mat

Optional:

- ☐ Sit pad (for sitting on the ground outside)
- ☐ Blanket (to stay extra cozy)
- ☐ Slippers/indoor shoes
- ☐ Reusable tea/coffee flask
- ☐ Small daypack or bag
- ☐ Book
- ☐ Phone charger
- ☐ Craft project
- ☐ Board games
- ☐ Binoculars, a hand lens or your favourite field guide

If you need help acquiring any of these items, feel free to email us!

**Restricted Items:** Please do not bring food or drinks (other than water), nuts or any products containing nuts, weapons, alcohol, or non-prescription drugs to the Retreat. Thank you!