



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!