



## 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
- Sleeping bag or bedding
- Pillow
- Ear plugs and/or eye mask
- Pyjamas
- Flashlight or headlamp
- Swimsuit
- Towel
- Sandals or water shoes
- Sunscreen
- Sun hat
- Bug spray or bug hat/jacket
- Water bottle
- Warm hat (toque)
- Gloves/mitts
- Toiletries, including soap and shampoo if needed
- Notebook and pen

- Yoga mat or blanket, if you want to practice yoga

Optional:

- Sit mat (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
- Lock for lodge locker
- Small musical instrument
- Craft project
- Board games
- Binoculars, a hand lens or your favourite field guide
- A story, poem or song to share around the campfire!

If you need help acquiring any of these items, feel free to email Julie at [julie@takemeoutside.ca](mailto:julie@takemeoutside.ca)!

**Restricted Items:** Please note, food is not permitted in the cabins to avoid attracting bears and mice. Please do not bring weapons, alcohol, or non-prescription drugs to the Retreat. Thank you!