

# *PACKING LIST*

## *What to leave at home:*

- ☐ Husband and kids.
- ☐ Worries and stress.
- ☐ Any work you brought home from the office.
- ☐ Perfume (Some women are allergic to perfume).
- ☐ Anything containing nuts.

## *What to bring:*

- ☐ A positive attitude.
- ☐ A heart that wants to meet with Jesus.
- ☐ Directions and contact information to the retreat site, emergency cash.
- ☐ Bible, pen, & notebook.
- ☐ Closed toe boot or shoe with a small heel (for horseback riding).
- ☐ Warm & cozy clothing.
- ☐ Clothing appropriate for an exercise class.
- ☐ Sweater and/or jacket.
- ☐ Coat, hat, gloves, scarf.
- ☐ Indoor shoes/slippers.
- ☐ Sleeping bag, sheets, and/or blanket.
- ☐ Pillow.
- ☐ Cute pajamas, ear plugs.
- ☐ Contact lens & solution, glasses.
- ☐ Sunglasses.
- ☐ Sled.
- ☐ Sanitary napkins & tampons.
- ☐ Make-up, hand mirror, & cleansing creams.
- ☐ Hair supplies & blow dryer.
- ☐ Shampoo, conditioner, etc.
- ☐ Toothpaste, toothbrush, soap, & deodorant.
- ☐ Towel & face cloth.
- ☐ Camera & charger.
- ☐ Cellphone & charger.
- ☐ Any prescription medications in their original bottles, & vitamins.
- ☐ A snack to share with the group. We will have a “potluck” refreshment area set up with everyone’s contributions. Please ensure nothing contains nuts and label the ingredients.
- ☐ Paint brushes – Arts & Crafts (if wanting your own quality ones).