

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).

