

PACKING LIST FOR ADULT SESSIONS

CLOTHING

2-3 pair long pants
1 pair shorts
4 shirts (mix of long and short sleeved)
Underwear and socks for four days
Pajamas
Hiking shoes
Sweatshirt
Warm jacket
Rain jacket
Work/gardening gloves

PERSONAL ITEMS

Personal cosmetics & toiletries
Towel (bath and hand)
Scriptures
Journal
Pen and notebook
Flashlight
Water bottle

OPTIONAL

Camera
Book to read
Musical instrument
Sheet music
Yoga mat
Umbrella

Bedding requirements will be communicated by your session director and may include bringing a pillow, sleeping bag and/or sheets.