



WOMEN'S WEEKEND

RECOMMENDED PACKING LIST:



Dress with two things in mind...

1. Comfort- plan on being outdoors and active
2. Layers- prepare for warm, cold, windy, rainy or sun shining weather

ESSENTIAL GEAR:

- Sleeping bag/pillow and warm blanket (season dependent)
- Raincoat or waterproof layer
- Personal toiletries
- Shower towel
- Sneakers (closed toed shoes required on Challenge Course)
- Other camp shoes for indoor activities (if applicable)
- Warm, upper body layers (sweatshirt, sweaters)
- Warm, lower body layers (long pants, jeans)
- Lightweight shirts/pants (preferably not jeans)
- T-shirts (including exercise wear if applicable)
- Underwear and Socks
- Swimsuit
- Small backpack or bag recommended to carry, water bottles, etc.
- Flashlight with batteries
- Water bottle
- Yoga Mat (for pilates/yoga)
- Flip flops or Crocs (for showering only)
- 1 bottle of wine or 6 pack of choice for the weekend
- A willingness to have a great time and a good sense of humor

LOOKING FORWARD TO SEEING YOU ALL