

Fall Mountain Retreat (FMR) - Packing List

No.	Description	Quantity	Tick	Remarks
1	Suitcase or Duffel Bag			Don't forget your sleeping bag and/or pillow, sheets, and blankets!
Toiletries - In toiletry bag:				
2	Perscription Medication			In Redding is the closest pharmacy to camp
3	OTC Medication			Allergy pills, aspirin, etc..
4	Toothbrush			
5	Toothpaste			
6	Hairbrush			
7	Shampoo			
8	Conditioner			
9	Deodorant			
10	Bodywash			
11	Mesh Shower Sponge			
12	Razor			
13	Shaving cream			
14	Hand soap			
15	Mouth Wash			
16	Dental Floss			
17	Bath towel			
18	Washcloth			
19	Hairdryer			
20	Chap-stick			The air is dry in the mountains
21	Face and body lotion			The air is dry in the mountains
22	Sunscreen			
23	Ear Plugs			Your roommate/s may snore
24	Eye Mask			It may be too light in your room at night
25	Feminine Hygiene items			
26	Perscription Medication			Yes, we mentioned this twice!
Clothing:				
During the day (Bring enough clothes for two days - Saturday & Sunday. Also, you will want to bring sleep clothing for cold temperatures. See Nighttime / Sleep-Time Section)*				
27	Shoes			Or hikings shoes, or hiking boots
28	Socks			
29	Pants			
30	Underwear			
31	T-Shirt			T-Shirt is worn under Long Sleeve Shirt
32	Long Sleeve Shirt			
33	Fleece Pullover			Or a sweater
34	Jacket			
35	Gloves			Knitted or fleece gloves or snow gloves
36	Hat			Knitted winter hat or baseball hat or wide brim hat
37	Glasses / contact lenses			
38	Sunglasses			
39	Pens, pencils, highlighters			For taking notes, journaling, etc...
40	Yellow Tablet of paper			(8.5 x 11) for taking workshop notes
41	Clipboard			For workshop handouts and taking notes
42	Backpack			To carry your stuff in or a messenger bag
43	Big Red Book (BRB)			
44	The Yellow Book			
45	Blank lined journal			For recording your thoughts and feelings
46	Camera			For taking pictures of nature or just use your phone

No.	Description	Quantity	Tick	Remarks
Nighttime / Sleep-Time:				
47	Flashlight or headlamp			Headlamp is better, you can keep both hands free
48	Sleeping Bag			Down or Synthetic Fill
49	Sleeping Bag Liner			It adds an extra layer of warmth
50	Sleeping Bag Pad/Yoga Mat			Barrier between sleeping bag & the cold bunk mattress
51	Pillow			Regular pillow or an inflatable one
* It gets really cold up in the mountains. To increase your warmth and comfort, one can wear a fresh pair of socks, gym sweat pants, T-Shirt under a fleece pullover, and a stocking cap in their sleeping bag or under the blankets you brought. If you don't have a sleeping bag, then:				
52	Pillow/s			The cabin bunks don't have pillows, blankets, or sheets!
53	Sheets			That fit a single bed, unless you are in Craig's Cabin
54	Blankets			
55	Alarm clock			You don't want to miss any retreat activities do you?
Extras:				
56	Swimsuit			The camp has a pool & hot tub. Swimsuits required
57	Beach Towel			
58	Stuffed Animal			Your inner child could use a stuffed animal
59	Musical Instrument			For talent / no talent show
60	Social Cards			Meet someone you want to keep in contact with!
61	Phone Charger			With adapter
62	Tablet Charger			With adapter
63	Extension Cords			Or power strip
64	Extra cash			For the masseuse, and for the Sunday Raffle Baskets
65	Toys			May be your inner child wants to play with others
66	Board games			May be your inner child wants to play with others
67	Coloring book with crayons			Or colored pencils
68	Fishing gear			For nearby Jenks Lake
69	Sporting gear			
70	AAA Card			
71	Map to camp			A print out map or GPS or your phone with map app
Additional Items:				
72				
73				
74				
75				
76				
What NOT to bring:				
77	Your critical inner parent			
78	NO PETS!			
79	Firearms or weapons			
80	Camping vehicles			
81	People under 18 years			Minors are not allowed at this retreat
82	No drugs or alcohol			This is a drug and alcohol free retreat
NOTE: For your comfort, dress in layers. If you are from the East Coast, then you know what we mean. If you are from the West Coast, this is what we mean; wear a T-Shirt under a golf or long sleeve shirt, then a fleece pull over, and on top of that a light jacket. Top it off with a hat and gloves. Dressing in layers will make you warmer, and you can adjust your clothing to the environment's temperature, better than just wearing one or two heavy pieces of clothing.				