

Women's Retreat Packing List

PLEASE BE SURE ALL ARTICLES ARE MARKED WITH YOUR NAME. Lost and Found items will be held for 1 week after retreat.

Bedding

A twin sized bed with mattress (bunks) will be provided. Cabins do have A/C and heat.

- Pillow
- Sleeping bag or bed linens and blankets

Clothing

Check the forecast before you come to make sure clothes are weather-appropriate for some time outside!

- Casual, comfortable clothing
- Sleepwear
- Rain jacket or poncho
- Appropriate swimwear (weather permitting, some water activities may be available)
- Closed-toed footwear is needed for high-adventure activities, if you choose to participate.
 - Multiple pairs of footwear are a good idea in case of mud or snow.

Personal Hygiene Items

There are showers and restrooms located in/near each cabin.

- Toothbrush, toothpaste, soap, shampoo, conditioner, deodorant, hair care items, etc.
- Bath towel and washcloth
- Shower flip-flops if desired

Miscellaneous Items:

- Water bottle; travel coffee mug
- Notebook/journal and pen
- Bible & Rosary
- Small bag/purse for carrying items throughout the day
- *Optional:* Money for the Gift Shop, Snack Shack/Coffee Bar and vending machines
 - Items range from \$1-2 for stickers and candy, up to \$20-30 for t-shirts and \$45-60 for sweatshirts.
 - Note: Vending machines only take \$1 bills and quarters.

****Please note that Damascus is a nut-free facility. For the safety of all our guests, do not bring any food/snacks containing nuts or processed in a facility with nuts. ****

Prepare for an adventure! We are excited to have you with us soon!