

# Suggested Retreat Packing List

Keep in mind this list is not all encompassing but it is what we have discovered over time to be the minimum items suggested.

## **A Sense of Adventure**

### **LABEL EVERYTHING**

**Leave Electronics at home as there is Limited Cell Service**

**Scent Free**

## Bedding materials

**Bedding - Cot Size Sleeping Foam**

**Sleeping Bag**

**Blanket & Pillow**

## For Meals:

**Water Bottle**

**Plate, Bowl, Cup, Knife, Fork, Spoon in net bag to hang**

**( Campers are responsible for cleaning their own dishes)**

## Personal Needs:

**Shoes or Hiking boots**

**Jacket**

**Long Pants, Shorts**

**Pajamas & Slippers**

**Underwear & extra socks**

**Comfortable layers of clothing the weather may go from a warm day to a cold night.**

**Warm clothes for outdoor activities: hiking, campfires etc. it may be chilly at night**

**Rain wear or an umbrella. Rain is always possible.**

**Swimsuit & Towel**

**Toothbrush & Toothpaste**

**Toiletries**

### **Other Possible Items:**

**Non perishable Snacks for the weekend to share**

**Musical Instruments, card games, journal**

**Notebook & Pen/Pencil**

**Books for exchange**

**Yoga and/or meditation mat**

**Folding Chair**

**Flashlight**

### **Notes:**

**There will be a designated smoking area**

**Boy Scouts Canada will enforce zero tolerance for alcohol or drugs**