

What to Bring - A General List for RMERC Retreats

Please check your retreat description for details; otherwise you can the list below.

For All Retreats

- Water bottles: One or Two 1 liter.
- Insulated coffee/tea mug with lid (optional)
- Sunscreen and lip balm
- Hat (wide brim, for the sun)
- Sunglasses
- Comfortable shoes for short walks
- Slippers for indoors, shoes are not allowed in the lodge
- Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Underwear
- T-shirts or shirts: soft cotton, long or short sleeve
- Warm underlayer, shirts and pants, warm-when-wet fabric such as smartwool or capilene, etc.
- Parka: waterproof and windproof shell jacket
- Warm layer for under the parka, such as a fleece jacket

Personal:

- Checks or Cash for Teacher/Staff Offerings (Dana) PLEASE DO NOT FORGET
- Notebook and Pen
- Toiletries, sunscreen, etc: biodegradable and scent-free please
- Medication(s)
- Small simple camera (optional)
- Personal first-aid needs
- Scissors/nail cutter/nail file
- Headlamp/flashlight (plus batteries)

For Camping Lodgers

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net

For Nature and Outdoor Retreats

- Something portable for outdoor meditation - EG Lightweight folding camp chair: Crazy Creek/backjack, inflatable zafu/cushion, bench or similar light packable seat for taking on hikes.
- Small tupperware-type container(s) with a tight lid for packing lunches
- Plastic knife, fork, spoon for trail lunches

- Daypack or large waist pack
- Insect repellent
- Mosquito head net
- Umbrella
- Watch
- Emergency whistle
- Small notebook and pen
- Hiking shoes or light boots, broken-in before the retreat
- Rain pants
- Hiking Socks: 3-4 pair synthetic or wool
- Small amount of snacks and drink mixes