

Healing with Nature -What to Bring to RMERC

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
- Small first aid kit

For Nature and Outdoor Retreats

- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- 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