



What To Bring:

Personal Items

- Prescriptions for all current medications
- Toiletries, shave kit, hair dryer, your normal bathroom needs
- Photo ID and Insurance Card (if applicable)
- Swimsuit for Steam Room
- Wristwatch
- Backpack or other bag for binder and other items you may want to transport between the residence and the lodge

Indoor clothing

- Comfortable casual clothing (non-revealing)
- Gym wear (for cool and warm conditions)

Outdoor clothing

- Light jacket
- Waterproof jacket
- **IMPORTANT:** Hiking clothes (warm, seasonally appropriate clothing)
- Rain Gear
- **Seasonal appropriate clothing**

Shoes

- Flip flops or sandals
- Indoor shoes (i.e. slippers, tennis/casual shoes, gym shoes)
- **IMPORTANT: Hiking boots or sturdy walking shoes**

Attitude

- Openness to learning, growing, healing, growing, living and loving

We Provide the Following:

- Pillows
- Blankets
- Towels (hand, face, and body)
- Hand soap
- Hangers
- Laundry Basket
- Laundry Detergent

What NOT to Bring:

- No more than three appropriate recreational books
- Cameras of any type including cell phones
- Cell phones
- Smart Watches
- Laptop computers
- iPod or portable devices with internet or movie capability
- Revealing clothing including sleeveless shirts, or clothing with graphic designs that references drugs or alcohol
- Foods, snacks, candies, soda pop, or energy drinks
- Any personal hygiene product that contains alcohol
- A negative attitude