

## SUGGESTED PACKING LIST

### AMENITIES

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- Half court basketball, volleyball, tennis courts, ultimate frisbee and more sports!
- Yoga and meditation supplies
- Several hiking trails directly from the retreat center
- Swimming pool and boating on the lake

### PROVIDED ITEMS

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- Linens, towels, and hand soap in each guestroom (*not provided to campers*)
- Blankets - *additional blankets and towels available upon request*
- Alarm clocks
- Yoga mats, blankets, blocks, and meditation cushions (*indoor usage only*)
- Siddurim, chumashim, talitot, and kippot

### SUGGESTED PACKING ITEMS

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- Over-the-counter and/or prescription medications
- Toiletries (shampoo, conditioner and body wash not provided)
- Feminine products
- Hair dryer
- Iron and ironing board
- Flashlight
- Chargers for electronic devices
- Sunblock, sunglasses, and a hat
- Insect repellent
- Rain gear
- Ritual wear and/or prayer book
- Bathing suit
- Personal yoga supplies
- Comfortable, loose-fitting clothes for yoga and hiking/exercise
- Closed-toe shoes
- Hiking boots
- Layers and a jacket