

Packing List

Women's Retreat 2025

Essentials

- ☐ ID, wallet, cash, and/or cards
- ☐ Conference registration confirmation
- ☐ Cell phone and charger (consider a portable power bank)
- ☐ Keys
- ☐ Reusable water bottle
- ☐ Bible, notebook, and pens
- ☐ Flashlight
- ☐ Reusable water bottle

Clothes (for a two-night stay)

- ☐ Multiple layers for brisk mornings, warm days, and cool nights
 - ☐ Pajamas
 - ☐ Sneakers and/or hiking boots
 - ☐ Flip-flops or shower shoes
 - ☐ Sweatshirts and jackets
 - ☐ Beanie or hat
 - ☐ Sunglasses
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Sleeping

- ☐ Sleeping bag or sheets/blanket (if linens not provided)
- ☐ Pillow (for extra comfort)
- ☐ Earplugs or noise-canceling headphones
- ☐ Eye mask
- ☐ Small bag for dirty clothes

Medications

- ☐ Any prescription meds
- ☐ Supplements
- ☐ Pain reliever, allergy meds, or other basics

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Face wash and moisturizer
- ☐ Shampoo and conditioner (travel size)
- ☐ Hairbrush/comb and hair ties
- ☐ Deodorant
- ☐ Makeup and remover (if desired)
- ☐ Body wash and lotion
- ☐ Feminine products (just in case)
- ☐ Sunscreen and lip balm
- ☐ Travel towel and washcloth

Optional Extras

- ☐ Small backpack or tote for carrying items to sessions

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- ☐ Snacks for between meals
 - ☐ Travel coffee mug or thermos