



Soaring Spirits Weekend Retreat

What to Bring!

Required

- Personal bedding; pillow, sleeping bag or sheets & blankets; bedding is not provided by Suttle Lake Retreat Center—only beds.
- Refillable Water Bottle

Clothing

- Comfortable attire for outdoor activities
- Light jacket or sweatshirt
- Heavier jacket for the evening
- Walking shoes, sneakers or hiking shoes for outdoor activities
- Flip flops for use in showers
- Swimsuit and water shoes
- Sleepwear

Toiletry Items

- Towel & wash cloth
- Beach towel
- Soap, shampoo, toothbrush & other personal hygiene items
- Sunscreen and insect repellent

Miscellaneous

- Flashlight
- Camera
- Medications, including Tylenol and other over-the-counter drugs. Please note that we provide **basic first aid only**; we do not have the staff to support special needs.
- Lawn chair
- Bike and helmet
- Fishing pole
- Portable electric fan for dorm room or cabin (most years this is not needed, but the temperatures at the 2008 camp were unusually warm)
- Your favorite book or the next one on your summer reading list