

PALM COAST AREA SPIRITUAL RETREAT

SUGGESTED PACKING LIST

BEDDING (Only a bare twin-size mattress is provided)

- ☐ Blanket/Sheets/Comforter, or Sleeping Bag (for TWIN size bed)
- ☐ Pillows

MISCELLANEOUS

- ☐ Chair for cabin meeting
- ☐ Yoga mat/Blanket for meditation or sitting on floor
- ☐ Angel cards/Spiritual cards
- ☐ Flashlight
- ☐ Headphones/Ear plugs
- ☐ Pinecone
- ☐ Extension cord/Powerstrip
- ☐ Phone charger
- ☐ Basic Text/SPAD/JFT Books

CLOTHING FOR 4 DAYS

- ☐ Warm clothing (it can get cold!)
- ☐ Rain attire (just in case)

FIRST AID & HYGIENE

- ☐ Medication/Prescriptions
- ☐ Bandages, Tape, Gauze, Elastic wraps/First Aid Kit
- ☐ Aspirin, Ibuprofen, Acetaminophen
- ☐ Antibiotic wipes
- ☐ Sunscreen
- ☐ Scissors, Tweezers, Nail clippers, Razor
- ☐ Bug spray
- ☐ Eye wash
- ☐ Shower shoes
- ☐ Toothbrush, Toothpaste, Floss
- ☐ Soap/Body wash
- ☐ Shampoo, Conditioner
- ☐ Hair accessories: Hair ties, Comb, Brush
- ☐ Towels, Washcloths
- ☐ Lysol spray/wipes