

WOMEN'S WELLNESS WEEKEND PACKING LIST

Necessary Items

- ◇ Pillow
- ◇ Sleeping bag (or linens), twin size fitted sheet is nice for mattress cover.
- ◇ Towel
- ◇ Water Bottle
- ◇ Flashlight and extra batteries
- ◇ Sunscreen, Lip balm
- ◇ Close toed shoes (i.e. sneakers); we do not recommend flip flops for walking around camp or hiking. *Sandals are not allowed for climbing the climbing tower.*
- ◇ Comfy Clothes for exercising/hiking/biking/relaxing
- ◇ Toiletries
- ◇ Clothes for the weekend
- ◇ Warm Layers: (It can be cool at night and in the early morning)

Optional items you might like to have with you

- ◇ Camera
- ◇ Sunglasses and Hat with a brim – sun can be intense up in the mountains
- ◇ Flip flops for the shower
- ◇ Snacks/drinks to keep in your lodge. Please keep coolers on lodge porches. (Alcohol is not allowed)
- ◇ Swim suit/goggles- the pool will be open on Saturday for some swimming
- ◇ Money for excursions into Julian and for the camp store (Camp Store open 1-4pm Sat).
- ◇ Personal Fan if you sleep hot – We do have fans in each lodge however the Lodges are NOT air conditioned.

(Note: All Lodges have electricity and outlets, indoor restrooms with showers. Please keep valuables locked in your car.)

- ◇ Cell phone and charger
- ◇ Necessary medications for yourself

NOT PERMITTED

Alcohol, Illegal drugs, Pets, Weapons