



**SAFE
& SOUND**

Be Safe and Sound Wherever You Are

OurSpace Retreat 2018

What to bring...

Please note — We'll be staying in a lodge but you must bring everything you'll need for a comfortable stay. The temperature can vary — warm during the day, cool at night so be sure to bring appropriate clothing.

CLOTHING:

- Workout Clothes
- Long pants (jeans/sweatpants)
- Socks, underwear, sports bras, etc.
- Shorts
- T-shirts
- Sweatshirt / sweater
- Swimsuit
- Sandals / flip flops
- Waterproof sneakers and/or hiking shoes for morning walk up the mountain
- Large to medium brim hat or visor
- Bandanas
- Sunglasses
- Rain Gear (Jacket / Poncho)
- Little knapsack

MISC:

- Recreational equipment (glove, balls, etc...)

BEDDING:

- Twin sheets & pillowcase
- Pillow
- Blanket and/or Sleeping Bag

BATH/TOILETRIES:

- Sunscreen / Sunblock
- Insect repellent
- Soap
- Shampoo / Conditioner
- Toothbrush & toothpaste
- Deodorant
- Any Medications
- If you carry an inhaler and/or EpiPens **PLEASE MAKE SURE TO PACK THEM PLUS AN EXTRA ON**