

## **MOTHERS RETREAT EQUIPMENT LIST**

Sleeping bag (or twin bedding)  
Pillow  
Pajamas  
Long pants – 2 pair  
Shorts – 1 pair  
Hiking shoes  
Underwear and socks for three days  
Shirts – 2 long and 3 short sleeved  
Sweatshirt  
Warm jacket  
Rain jacket/poncho  
Flashlight  
Personal cosmetics  
Towel (bath and hand)  
Scriptures  
Journal  
Pen and notebook  
Gardening gloves  
Water bottle

### **OPTIONAL**

Camera  
Book to read  
Musical instrument, sheet music  
Yoga mat