

## **MOTHERS RETREAT EQUIPMENT LIST**

Sleeping bag  
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  
Scriptures  
Journal  
Pen and notebook  
Camera  
Book to read  
Musical instrument, sheet music  
Gardening gloves  
Water bottle