



# R+R Packing Information & Checklist

The Big Bear Retreat Center sits at an elevation of about 7,000 feet. It will take time for your body to adjust to the elevation and dryness of the environment. We encourage you to hydrate leading up to your arrival and pack a deep moisturizer and chapstick to keep your body moisturized.

Activities will range between hiking, meditation, yoga, swimming, and dancing. Most activities will take place outdoors, so we recommend bringing clothes that you would feel comfortable working out in and something you'd like to swim in.

During the day, Big Bear receives lots of direct sunlight. Don't forget to pack a reusable water bottle, hats, and sunscreen! During the evening, the temperature drops quickly; please bring a comfy jacket and maybe a scarf, and some casual clothing to join us for evening activities.

Though all of your meals will be provided for you during your stay, we do encourage you to bring snacks to eat in between meals. The increased elevation will likely cause an increase in your metabolism making your body work harder than it's used to and in turn increasing your appetite.

Please try to be mindful of packing everything you may need. We discourage guests from leaving the retreat center so as to protect all attendees from exposure to COVID-19 and hMPX.

We will be taking a group photo on Sunday, please bring a white/cream-colored outfit for the photo.

## Packing Checklist

### Lodging:

- ☐ Beach towel (optional for the pool)
- ☐ Snacks
- ☐ Reusable water bottle
- ☐ Toiletries/hygiene products
- ☐ Extra pillow (optional)

### Activities:

- ☐ Sunglasses
- ☐ Hat or visor
- ☐ Sunscreen
- ☐ Chapstick
- ☐ Deep moisturizer
- ☐ Contributions to community altar  
[optional (i.e. photos of ancestors,  
crystals, plants/herbs, etc.)]
- ☐ Yoga/exercise mat (optional)
- ☐ Journal/writing utensils (optional)

- ☐ Book (optional)

### Clothing:

- ☐ Walking/running shoes
- ☐ Comfortable clothing for physical activities
- ☐ Comfortable loungewear
- ☐ Swimming outfit
- ☐ White/cream outfit for Sunday Supper
- ☐ Face mask/PPE
- ☐ Jacket

Additional Recommendations from BBRC: <https://bigbearretreatcenter.org/faq/>.

For more information, please see [retreatandreimagine.com](http://retreatandreimagine.com) or reach out at [retreatandreimagine@gmail.com](mailto:retreatandreimagine@gmail.com).