

COA Wilderness Retreat Packing List

- Small tent or camping hammock with rain tarp
- Warm, non-cotton sleeping bag
- Camping pad
- Pillow

- Water bottle
- Mess kit: plate or bowl, cutlery, cup for hot drinks
- Sunscreen
- Bug spray
- Headlamp or flashlight

- Towel
- Folding chair for gathering around fire
- CoA journal

- Warm clothing for two nights, and two days. Remember it may be cold. Layers are a good idea, and non-cotton materials are best for staying warm if weather is wet
- Camp shoes (easy on/off): examples include Crocs, flipflops, muck boots etc
- Socks, preferably wool (at least 3 pairs)
- Rain gear: jacket and pants
- Winter hat
- Sun hat (baseball cap or other brimmed hat)

- Any toiletries and medications needed
- Some type of outrageous clothing or costume

Do NOT bring:

Phones or any other electronic devices

Books (sounds odd, but please leave them home this time)

Hair dryers