

Suggested packing list for NRC 2024

- Coffee mug
- Reusable water bottle
- Rain protection
- Camping tent
- Sleeping mat
- Sleeping bag
- Pillow
- Meditation cushion
- Flashlight
- Comfortable and waterproof outdoor walking shoes
- Clothing for warm and cold weather, and potential rain - layers work well
- Towel, toothbrush, and toothpaste - biodegradable soap and shampoo will be provided
- Sun protection - hat, sunglasses, sunscreen
- Bug spray and bite cream (We have ticks! Be careful! - tick advisory [here](#))