

La Foret General Adult Retreat Packing List

All Retreatants:

- Journal and pen
- Comfortable and warm clothing – best to dress in layers
- Jacket/sweatshirt/raingear – La Foret may be hot during the day but it gets chilly in the evening
- Good walking shoes
- Reusable water bottle; travel mug (*with your name on it*)
- *Yoga mat (if there is yoga at this event, there will be mats available but you may prefer your own)
- *Cash or other payment for the gift shop (optional)

Retreatants Sleeping On Site:

- Bedding (Twin sheets, warm blanket/sleeping bag, pillow, mattress pad for bed will prevent sleeping bags from sliding off) unless you purchased use of linen set during registration
- Towels (hand and bath)
- Toiletries
- PJs/Bathrobe/Slippers
- Sunscreen
- Flashlight
- Cup for beverages in cabins
- *Ear plugs or white noise machine for light sleepers (optional)