

## ***RMERC Women's Retreats*** ***w/ Jean Leonard & Sarah Heffron***

### **What to Bring**

The most important thing you can bring is a flexible attitude, ready to accept and adjust cheerfully to the surprises that weather and circumstances may present. It helps a lot, too, if your clothing and equipment are suitable. If you are unsure what to take with you, ask us. If in doubt, bring it, as there is no place to purchase gear nearby

### **For Everyone:**

- Water bottles: One or Two 1 liter.
- Insulated coffee/tea mug with lid (optional)
- Sunscreen and lip balm
- Hat (wide brim, for the sun)
- Sunglasses
- Slippers for indoors, shoes are not allowed in the lodge
- Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Underwear
- T-shirts or shirts: soft cotton, long or short sleeve
- Warm underlayer, shirts and pants, warm-when-wet fabric such as smartwool or capilene, etc.
- Parka: waterproof and windproof shell jacket
- Rain pants
- Warm layer for under the parka, such as a fleece jacket
- Hiking shoes or light boots, broken-in before the retreat
- Comfortable shoes for hikes and short walks
- Hiking Socks: 3-4 pair synthetic or wool
- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- Small tupperware-type container(s) with a tight lid for packing lunches (we will have some extras available for those traveling from afar)
- Plastic knife, fork, spoon for trail lunches
- Daypack or large waist pack
- Insect repellent
- Mosquito head net
- Watch
- Emergency whistle
- Small amount of snacks and drink mixes
- Notebook and Pen
- Toiletries, sunscreen, etc: biodegradable and scent-free please
- Medication(s)
- Personal first-aid needs
- Scissors/nail cutter/nail file
- Headlamp/flashlight (plus batteries)
- Extra Blankets/sleeping bag. Two sheets, a blanket, a pillowcase, and a bath towel are supplied for each lodge guest. Nights at 8500 feet can be chilly. Be prepared.

- Meditation supplies: RMERC has zafus, zabutons and chairs available. Please feel free to bring your own cushions and other props that support you in your practice.
- A blanket or shawl for the meditation hall – nights can be chilly up in the mountains.
- Yoga mat (optional): Some mats will be available, but if you have one and want to practice movement, please bring it.
- Umbrella (optional): as extra shelter if you wish to eat outdoors for Covid safety and it happens to be raining.
- Checks or Cash for offering generosity (Dana) to Teachers and Retreat Manager

### **For Camping Lodgers**

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net
- Consider a one-gallon empty water jug – this will allow you to have plenty of water at your tent.
- Flashlight and/or lantern – to navigate safely to your tent after dark.