

RETREAT PACKING LIST

LINENS: HFR does NOT provide bedding or towels, so please bring

- Sleeping Bag or Twin Sheet set
- Pillow and Pillow Case
- Light Blanket
- Bath Towel and Washcloth

CLOTHING: Check the weather forecast. It might be rainy, snowy, sunny...all in the same day!

- Underwear
- Socks
- Jeans/Pants
- Sweatshirt
- T-shirts
- Shorts
- Pajamas/Sleepwear
- Long-sleeved shirt or light jacket
- A coat or other cold weather clothes

SHOES: CLOSED TOE SHOES are MANDATORY for climbing activities

- Tennis Shoes
- Sandals
- Flip Flops for Showers
- Cowboy boots (optional)

PERSONAL ITEMS: Please bring any TOILETRIES you will need as they are not available at HFR

- Toothbrush and Toothpaste
- Deodorant
- Shampoo and Soap and Soap Dish
- Glasses or contact lenses
- Laundry Bag

OTHER ITEMS YOU MAY DESIRE:

- Bible, journal
- Water Bottle
- Sunglasses
- Playing cards, Games
- Books
- Flashlight and Batteries
- Pens or Pencils
- Brimmed Cap
- Waterproof Sunscreen, Insect Repellent, Lotion
- Lip Ointment (with sunblock)
- An open heart and mind to give and receive rest and encouragement!

We look forward to seeing you out at HFR!