

Women's Wellness Retreat 2025 Registration Form

August 7-10

List of Items to Bring

Please use this page as a checklist.

It is very important that you have the following items! We will have a limited supply available to lend/use, and we will have a check-out sheet if you need a certain item/s.

All clothing, equipment, and luggage **MUST BE LABELED** with the participant's name for easy identification. KANA is not responsible for any lost or stolen property. However, we will maintain a lost & found box until September 30th. Items must be claimed by this date.

What to Bring to Camp (Please mark all personal items with your name)

| | |
|--------------------------|--|
| <input type="checkbox"/> | Warm Jacket, sweater |
| <input type="checkbox"/> | Clothing for 4 days of retreat (T-shirts, jeans, socks, underwear, sweatshirts, pajamas, etc...) |
| <input type="checkbox"/> | One pair of boots or hiking shoes |
| <input type="checkbox"/> | One pair of tennis shoes or walking shoes |
| <input type="checkbox"/> | Bath towel, hand towel, washcloth |
| <input type="checkbox"/> | Toothbrush, toothpaste and dental floss |
| <input type="checkbox"/> | Soap, Shampoo, Conditioner, lotion |
| <input type="checkbox"/> | Deodorant; comb; brush |
| <input type="checkbox"/> | Sleeping bag, bottom fitted sheet , pillow / pillow case |
| <input type="checkbox"/> | Rain Coat / <u>VERY IMPORTANT</u> or an inexpensive rain poncho |
| <input type="checkbox"/> | Flashlight, small or headlight |
| <input type="checkbox"/> | Water bottle (we usually do not provide water bottles) |

Optional items to bring:

The facility dorm rooms and the cabins are **CHILLY**, please bring a warm blanket.

Sun screen
Insect repellant

Camera
Lip balm

Book
Phone charger

