



Packing Guidelines

As you prepare to go to The Connors Family Retreat & Conference Center for the Institute we hope you will take the clothing and supplies suggested below. It can be warm during the day (70-75 degrees) but cooler at night (50-60 degrees). We suggest you take everything, including all the items that are listed as optional. **Note that you will be sharing a room with 1 other participant. The bathrooms are shared with other participants.**

NECESSARY:

- 7 comfortable, casual outfits
(shorts, pants, jeans and t-shirts, short sleeve shirts, polo shirts, sweatshirts, etc.)
- 7 pairs of socks
- 1 pair of shoes
- 1 pair of athletic shoes
- 1 **extra** set of casual (grungy) clothes and close toed shoes you don't mind getting dirty
(for low ropes/challenge course on Day Two)
- 1 pair of pajamas
- 1 sweatshirt or sweater (can get cold at night or cold in AC)
- 1 light jacket/winter jacket (depending on weather)
- 1 poncho and/or umbrella
- 1 flashlight and batteries
- 1 insect repellent and sun screen (for spring/summer sessions only)
- 1 pair of sunglasses
- 1 week of prescription medication (if required/needed)
(headache, cold, allergy, bee stings in case site is surrounded by woods, trees and gardens)
- 1 set of personal toiletry items
(toothbrush & paste, soap, shampoo, hair dryer, comb and brush and any other personal needs)

There are no laundry facilities available during the Institute so please plan accordingly.

OPTIONAL:

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| Personal journal | Camera |
| Nominal spare cash (for personal needs) | Alarm clock |
| Water bottle | Watch (cell phone reception is limited) |
| Snacks (some snacks are provided) | |

Note: Cell phones are permitted but should only be used during participants' free time.

**While we can provide suggestions about what to pack,
only you know what will make you comfortable!**