



Packing Guidelines

As you prepare to come to **Black Rock Retreat Center** for the Institute, we hope you will bring the clothing and supplies suggested below. We suggest you bring everything, including all of those items that are listed as optional. **Quantities suggested are for a six to seven-day trip.**

NECESSARY:

- 7 comfortable, casual outfits (shorts, pants, jeans, t-shirts, short sleeve shirts, polo shirts, winter jackets, sweatshirts, etc.)
- 7 pairs of socks
- 1 pair of shoes
- 1 pair of athletic shoes
- 1 **extra** set of casual (grungy) clothes suitable for outdoors in January 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)
- 1 winter jacket (depending on weather)
- 1 poncho and/or umbrella
- 1 flashlight and batteries
- 1 week of prescription medication (if required/needed)
- 1 set of personal toiletry items (toothbrush & paste, soap, shampoo, hair dryer, comb and brush and any other personal needs)

There is no laundry facility available for use during the Institute. Please plan accordingly.

OPTIONAL:

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| bathrobe and slippers | personal journal |
| snacks (some snacks provided) | watch (cell phone reception/use will be limited) |
| shower shoes | casual belt |
| iPod/personal music player | nominal spare cash (for personal needs) |
| alarm clock | water bottle |

Note: Cell phones are permitted, but should only be used during participant free time.

While we can provide suggestions on what to pack, only you know what makes you comfortable!