Creative Nature Retreat Packing List

What to pack

☐ Reusable water bottle
☐ Flashlight
☐ Closed toed shoes. At least 1 pair of sturdy closed toed shoes, hiking boots or similar. A 2nd pair is nice to have.
☐ Comfortable clothes for the weather and outdoors. Casual dress for exploring and relaxing on trails and using outdoor seating.
  • Enough clean clothing for your entire stay
  • Check the 10-day forecast, looking at both low and high temperatures
  • At least 1 pair of full-length pants and 1 long sleeve shirt
  • Bring layers for the weather
  • Rain gear if in the forecast
☐ Sun protection like hat, sunglasses, sunscreen, or clothes with SPF protection.
☐ Linens. Your bed will be a twin-size cot with a vinyl covered mattress.
  • Fitted or flat sheet to cover mattress
  • Top sheet, blanket and or sleeping bag, depending on the weather
  • Pillow
  • Hand towel
  • Bath towel if you plan to shower
☐ Backpack, lightweight tote or hip pack to carry your water bottle, a clothing layer, and weather protection throughout the day.
☐ Toiletries
  • Bring what you might bring camping including toothbrush, tooth paste, face wash, period products. Biodegradable shampoo, conditioner and body wash is provided.
☐ Mosquito repellant
☐ Medications for your whole stay

If you’d like to bring these along
  • Journal and writing/sketching supplies
  • Portable camping chair or outdoor blanket
  • Yoga mat
  • Musical instrument if you play
  • Sleep aids like earplugs and eye masks
  • Camera
What not to pack

- Food. Please no outside food or food in the sleeping shelters. This helps keep critters out of the shelters.
- Extra electronics. Just bring what you absolutely need. There are no outlets in the shelters. There are outlets in the Pavilion.
- Suitcases much larger than a “carry on”. Storage is limited to a cubby and underneath your cot.
- The Campsite is a tobacco-free facility.

Provided

- Meals, snacks, drinking water coffee, tea—responsive to reported dietary needs
- First aid supplies
- Crazy Creek camp chairs, (on-the-ground, low back support) for sitting around the campfire
- Lending library of books about local ecosystem, mindfulness, poetry, environmental movements, nature art, field guides and more
- Refrigeration if necessary for medications
- Biodegradable shampoo, conditioner and body wash
- Toilet paper and hand soap
- Wagons to transport gear to and from cars to sleeping shelters