



THE CAMPSITE AT SHIELD RANCH

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 repellent
- Medications for your whole stay
- Yoga mat if you plan to do yoga Saturday morning
- Journal and writing/sketching supplies

If you'd like to bring these along

- Portable camping chair or outdoor blanket
- 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 smoke and tobacco-free facility.

Provided

- Meals, snacks, drinking water, coffee, tea and sparkling water—all responsive to reported dietary needs
- First aid supplies
- Limited supply of SPF and mosquito repellent
- 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
- Wagons to transport gear to and from cars to sleeping shelters