

# Retreat Packing Checklist

## Food

- Snack to share
- Beverages, sode, or bottled water
- Food
- If you don't want to wash dishes; paper products - plates, napkins, cups
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## Clothing

- Pants (jeans/sweats)
- T-shirt/shirts
- Sweatshirt/sweater
- Lingerie
- Pajamas
- Comfortable shoes
- Slippers
- Jacket
- Gloves/cap
- Personal toiletries
- ~~Towel & washcloth~~
- Hand lotion
- Medications, saline, neti pot
- ~~Bedding, mattress pad, quilt, pillow~~
- Chapstick
- Hand soap with moisturizer
- Kleenex

## Nice to Have

- Cart or suitcase on wheels to haul supplies
- Fan, umbrella, travel alarm clock, flashlight, ear plugs
- Phone charger
- Night lite, 3M command hooks, book to read, camera
- Notebook, pencil, phone charger, humidifier, air purifier
- Table mounted cup holder
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## Sewing Supplies

- Sewing machine, cords, feet, bobbins, needles, table extension, extension cord, power strip, rubber mat
- Hand sewing needles, straight pins, safety pins, pinchusion
- Thread
- Tape - regular and masking
- Fast turn tubes
- Seam ripper \*
- Tape measure, velcro, lint brush, marking chalk, design wall
- Rotary cutter, spare blades, mat, and rulers
- Scissors - various sizes
- Lunch bag and tape (for garbage)
- Mini ironing board, iron, mini iron, steam generator, iron cleaner
- Spray starch, basting spray (outdoor use only)
- Extra lighting - Ott, Daylight or
- Your projects, credit card or blank checks
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