



SUGGESTED PACKING LIST

The Retreat Program alternates between Ports Island, Paget Island and Darrell's Island, three of the most beautiful and fully equipped outlying islands in Bermuda. In addition to Fields, Hiking Trails, Docks, Wooded areas, Beaches and plenty of Outdoor Space, each island provides a full Kitchen and Dining Hall, indoor and outdoor learning areas, male & female Toilet/Shower facilities, bunk-bed Dormitories and more! This excursion is not traditional 'camping' and quite the opposite of "roughing it", but you still need to bring a few things.

ESSENTIALS:

- Bedding - pillow, fitted sheet & blanket (sleeping bag recommended)
- Clothing (2 sets of day wear/night wear etc. recommended)
- Raincoat and/or Umbrella
- Appropriate Footwear - Sneakers, Sandals, Boots, Swim Shoes etc.
- Pajamas
- Swimsuit
- Towel (1 bath and 1 swim towel recommended, plus a washcloth or hand towel)
- Toiletries (soap, shampoo, lotion, deodorant, hand sanitizer etc.)
- Toothbrush & Toothpaste
- Plate and/or Bowl
- Mug
- Cutlery (Fork, Knife, Spoon)
- Water Bottle and/or Cup
- Flashlight
- Sunblock
- Personal Medication (clearly labeled with your name)

OPTIONAL ITEMS TO CONSIDER:

- Chair or Yoga/Beach Mat (if you don't bring it, be prepared to sit on the ground!)
- Camera
- Tent (not recommended, but up to you ;)
- Personal Snacks
- Musical Instruments
- Creative Equipment (Laptop, Mobile Recording Studio etc.)
- Notepad or Sketchbook
- Art Supplies
- Bug Repellent (though we haven't had any problems with mosquitoes etc.)
- Games (e.g. marbles, cards, etc. no electronic games please)
- Anything you would like to share with the other participants (e.g. henna tattoos, craft supplies, knowledge, good jokes)

PLEASE DO NOT BRING:

- Bad vibes
- Portable game systems
- Pets
- Distractions
- Any illegal or illicit substances or materials
- Anything you cannot carry yourself