



ANU Retreat Checklist

ESSENTIALS

Clothes

- Lightweight Clothing
- Sneakers
- Hiking boots (Optional)
- Shower Shoes
- Slippers for Dorm Room
- Earplugs/Eye Masks

Toiletries

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Sunscreen (Optional)
- Insect repellent (Optional)
- Any prescription-based medications
- First aid kit with basic supplies.

Linens

- Bedsheets & Covers
- Mattress Pad/Cover (Optional)
- Pillow
- Bath Towels & washcloths

Outdoor Gear

- Water Bottle
- Tent (Optional)
- Sleeping bag & Blankets (Optional)
- Headlamp or Flashlight(s)
- Batteries
- Small Backpack (Optional)

Tech

- Smartphone/camera
- Portable charger(s) & cord(s)

ACTIVITY SUPPLIES

Journaling

- Phone/Tablet
- Paper Journal/Notebook
(bound book, spiral book, notepad, kwk)
- Pen/ Pencils
- Colored pencils/markers (Optional)
- Paint & paint brushes (Optional)

Dawning Stretch

- Yoga mat
- Reusable water bottle
- Fabric to cover self or long skirt
(should have lots of allowance for movement during)

Drum Circle/Fireside Build

- Instrument (Optional)

Silent Hike

- Water Bottle
- Phone/Camera
- Journal & Pen
- First Aid Kit
- Insect Repellant
- Medications