FLOURISH Packing List

• Comfortable clothing for one week, including: shorts, long pants, t-shirts and sweatshirts
• Shoes for all terrains, including rocky steams and prickly grass
• Swimsuit
• Towel(s) and washcloths
• Personal toiletries (please try to use soaps that are biodegradable)
• Sunscreen
• Bug Spray
• Flashlight and batteries
• Medications
• Sleeping bag, pillow, pillow cases (sheets, mattress cover and/or camping pad may be desired)
• Notebook and writing instruments
• Musical instruments, favorite books or poems
• Favorite music/CD’s and personal music-playing/recording device
• Stationery and stamps
• Anything else that inspires you!