



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!