

# ALLIANCE WOMEN'S RETREAT

## Recommended Packing List

### BEDDING

- Pillow
- Blankets
- Sleeping Bag
- Twin-sized Sheets

### CLOTHING

- Shirts
- Pants
- Sweater/Jacket
- Sleepwear
- Socks
- Underwear

### TOILETRIES

- Shampoo
- Conditioner
- Body Wash/Soap
- Toothbrush
- Toothpaste
- Deodorant

### SESSIONS

- Bible
- Journal
- Writing Utensils

### PERSONAL CARE

- Towel
- Shower Shoes
- Hairbrush/Comb
- Medications
- Contacts/Glasses
- Makeup

### OPTIONAL

- Workout Clothes  
(*exercise session*)
- Board Games
- Snacks for the Ride