



Medeba Group Retreats Recommended Fall Packing List

Being prepared for your time at Medeba will increase your comfort and enjoyment during your stay. Please consider bringing the following items.

Recommended:

Upper Body Clothing

- Rain Jacket – waterproof and windproof
- Light Fleece or Sweater, Hoodie (no drawstrings)
- Short and Long Sleeve Shirts – dry fit or synthetic highly recommended
- Synthetic Long Underwear – avoid cotton
- Sleepwear top and bottom

Lower Body Clothing

- Rain Pants – waterproof and windproof
- Shorts and Long Pants – variety
- Synthetic Underwear – avoid cotton

Footwear

- Socks – avoid ankle socks
- Close-toed Shoes or Hiking Boots – for Medeba led Activities
- Clean Indoor Running Shoes – recommended for indoor rock climbing
- Indoor shoes or slippers for carpeted areas - recommended
- Sandals – optional but NOT for Medeba led activities

Accessories

- Pair of Gloves or Mittens -recommended mid to late Fall
- Warm Hat/ Toque – cold weather protection
- Scarf or Neck Gaiter – in case of cold weather
- Sunglasses - optional
- Watch

Personal Gear

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| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Towel– hand and shower is ideal |
| <input type="checkbox"/> Headlamp or Flashlight | <input type="checkbox"/> Bedding – sheets and blanket, or sleeping bag |
| <input type="checkbox"/> Water Bottle, Thermos, or Travel Mug | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Toiletries – shampoo, conditioner, toothbrush and paste, soap, etc. | <input type="checkbox"/> Day Pack – handy but optional |
| | <input type="checkbox"/> Bible, Journal, pen - optional |

A couple of notes on clothing:

To manage your temperature and stay warm, we suggest dressing in several thin layers rather than one bulky one. Wools and synthetic garments will keep you much dryer and warmer than cotton clothing. Please try to avoid clothing with draw strings around the neck for Medeba activities; the strings can be untied and zipped underneath another jacket or tucked into neck. If necklaces or dangly jewelry can be removed, please do so BEFORE going to Medeba activities. Close-toed secured shoes are required during Adventure activities.

Money:

Snacks, souvenirs, and Medeba clothing are available in the camp store; clothing prices range between \$15.00 T-Shirts to \$160.00 Rain Jackets. Stickers and other souvenirs range between \$1.50 stickers - \$109 camp chair.