



## Medeba Group Retreats Recommended Spring 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 – windproof and waterproof
- Light Fleece or Sweater
- T-Shirts
- 2 Long Sleeve Shirts – optional, for cold days
- Sleepwear Shirt

#### **Lower Body Clothing**

- Rain Pants – windproof and waterproof
- Sweatpants / non-constricting Pants
- Shorts – synthetic or dry fit recommended
- Synthetic Underwear – avoid cotton
- Sleepwear Pants

#### **Footwear**

- Socks – avoid ankle socks and 2 Pairs of Wool Socks for cold days are best
- Sturdy Boots / Closed-toed Outdoors Shoes or Rain boot- for Medeba led activities
- Sandals – optional, but not during Medeba activities
- Clean Indoor Running Shoes – for indoor climbing

#### **Accessories**

- Hat – sun protection
- Bandana or buff – optional sun protection
- 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"/> Bug Spray, Bug Jacket or Bug Hat                                    | <input type="checkbox"/> Bedding – sheets and blanket, or sleeping bag |
| <input type="checkbox"/> Headlamp or Flashlight  | <input type="checkbox"/> Pillow  |
| <input type="checkbox"/> Water Bottle, Thermos, Travel Mug                                   | <input type="checkbox"/> Day Pack – handy but optional                 |
| <input type="checkbox"/> Toiletries – shampoo, conditioner, toothbrush and paste, soap, etc. | <input type="checkbox"/> Bible, Journal, pen - optional                |

### **A couple of notes on clothing and Jewelry:**

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.