



Medeba Group Retreats Recommended Winter 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

- Winter Jacket – covers other layers loosely, waterproof
- Mid Layers: Fleece, Sweaters, Hoodies – avoid cotton, wool recommended
- Long Sleeve Shirts – synthetic and wool recommended
- Synthetic Long Underwear – avoid cotton
- Sleepwear Shirt

Lower Body Clothing

- Snow Pants – insulated, waterproof
- Wool or Fleece Pants – enough room for layering and movement,
- Synthetic Underwear – avoid cotton
- Sleepwear Pants

Footwear

- Socks – heavy wool or synthetic, avoid cotton or ankle socks
- Snow Boots or Shoes – waterproof and insulated
- Indoor Running Shoes – recommended for indoor rock climbing
- Indoor shoes or slippers for carpeted areas - recommended

Accessories

- | | |
|---|--|
| <input type="checkbox"/> 2 Pairs of Gloves and/or Mittens – at least one pair | <input type="checkbox"/> Ear Warmers |
| <input type="checkbox"/> Warm Hat /Toque – wool or fleece recommended | <input type="checkbox"/> Sunglasses / Ski Goggles - optional |
| <input type="checkbox"/> Scarf, Neck Gaiter, or Balaclava | <input type="checkbox"/> 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 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.