

# YMCA CAMP BELKNAP

## Women's Retreat

### Recommended Equipment List

#### Bedding:

- Bed sheets (twin size)
- Pillow
- Pillow case
- Blankets/Sleeping Bag

#### Clothing:

- Shirts (3-5)
- Shorts (2-3 pairs, include athletic shorts for activities)
- Pants (1-2 pairs)- consider pants for exercise/movement
- Bathing Suits (1-2)
- Sweatshirt/Jacket (1-2)
- Underwear/Bras
- Socks (4-5 pair)
- Sleeping Clothes
- Robe (if want to walk to and from bath house)
- Running/Athletic Shoes
- Sandals/Flip-Flops
- Rain Jacket (though we hope you won't need it!)
- Hat, Scarf, Gloves (temps can be cool in the early morning and night)

#### Personal Items:

- Toiletries (toothbrush, toothpaste, shampoo, deodorant, etc.)
- Sunscreen
- Bug Repellant
- Bath & Beach Towels (2-3)
- Water Bottle
- Flashlight

#### Equipment:

- Yoga Mat (if you want to use your own)
- Tennis racquet
- Art Materials (if you have something you want to work on)
- Camera
- Reading materials
- Beach Chair
- Anything else you can think of!