

List of things to bring to Toboggan



Clothing

Warm outdoors winter clothes
Multiple pairs of socks
Clothes for 4 days

Pyjamas
Winter boots
Indoors shoes

Grooming items

Towel
Toothpaste
Toothbrush
Shower soap (with case)
Shampoo
Comb/brush

Washcloth
Deodorant
Menstrual cup / pads / tampons (if necessary)
Case and fluid for contact lenses (if necessary)

Bedding

Sleeping bag **or**
2 warm blankets + bed sheet

Pillow and case

Important!

Medicare card
Lunch for Friday (we'll arrive at Kinkora around noon and we won't have time to cook lunch)

Medication, asthma pump, or EpiPen (if necessary)

Optional items

Diary or notebook for writing
Pens and pencils
Old t-shirts to paint or draw on

Music instrument
Games

You are responsible for your personal belongings, and we will not be accountable for damaged, lost, or stolen items. Think twice before bringing to the retreat things that you don't want to lose (jewelry, mp3 player, cellphone, laptop, etc.). We have limited space for luggage, so travel light. :P Finally, we remind you that alcohol and illegal drugs are strictly forbidden at the retreat, which will get you expelled.