

FIT 4 YOU Retreat Packing List



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|--|--|
| <input type="checkbox"/> Casual summer clothes | <input type="checkbox"/> Rain gear |
| <input type="checkbox"/> Sweat suits | <input type="checkbox"/> ❖ All medications |
| <input type="checkbox"/> Bath Soap | <input type="checkbox"/> ★ <i>Pillow</i> |
| <input type="checkbox"/> Walking Shoes | <input type="checkbox"/> ★ <i>Twin-size bedding</i> |
| <input type="checkbox"/> Shower Shoes | <input type="checkbox"/> ★ <i>Towels and wash cloth</i> |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Hiking gear (optional) |
| <input type="checkbox"/> Exercise Mat | <input type="checkbox"/> Heart monitor (optional) |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Light Jacket (Center may be cool) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Exercise Clothes |
| <input type="checkbox"/> Bathing suits | <input type="checkbox"/> Bike & Bike lock (optional) |
| <input type="checkbox"/> Laundry detergents | <input type="checkbox"/> Power Strip for laptop (optional) |
| <input type="checkbox"/> Hair care products | <input type="checkbox"/> Bug spray/insect repellent |
| <input type="checkbox"/> Clothes Hangers | <input type="checkbox"/> Mattress cover (optional) |
| <input type="checkbox"/> Water Bottle | |
| <input type="checkbox"/> Pajamas | |
| <input type="checkbox"/> Phone card/Cell phone | |
| <input type="checkbox"/> Quarters for laundry | |
| <input type="checkbox"/> A few business casual outfits (graduation and dining out) | |

★ For those, *who for travel reasons* are unable to carry these items, rental arrangements can be made with FIT 4 YOU Retreat for a nominal fee.
Items are based upon availability only and must be paid in advance.

❖ All campers are responsible for administering their own medication(s).

Each cabin has 4 air-conditioned rooms with 2 bathrooms in each cabin. Each room has two twin beds.