

# Retreat 2016 Packing List

The basics	Comments
<input type="checkbox"/> Sleeping Bag	Indoors sleeping so no need for a -30 degree bag
<input type="checkbox"/> Sleeping Pad	Bunks can be hard - bring something to soften your sleep
<input type="checkbox"/> Towel, washcloth, etc.	Bring your own or drip dry!
<input type="checkbox"/> Alarm Clock	
<input type="checkbox"/> Thermals	Optional but very nice if it's chilly
<input type="checkbox"/> Warm Socks	
<input type="checkbox"/> Good walking (waterproof?) shoes	High heels or sandals could get stuck in the mud
<input type="checkbox"/> Overnight supplies	P.J.s, towel, toiletries, earplugs if snoring bugs you
<input type="checkbox"/> Comfort Kit	Aspirin, dramamine, imodium, etc.
<input type="checkbox"/> Rain Gear	
<input type="checkbox"/> Coat	
<input type="checkbox"/> Warm Hat & Gloves	
<input type="checkbox"/> Flashlight	
<input type="checkbox"/> Waterbottle	
<input type="checkbox"/> Digital Camera	To document the retreat and your work
<input type="checkbox"/> Games	Friday night fun!
<input type="checkbox"/> Musical Instruments	Get your friends together and form a band!

## Retreat Center Notes

### Camp Killoqua Standards & Rules of Usage

1. Smoking, alcoholic beverage and non-prescription drugs or controlled substances are not allowed on the site
2. Fire precautions should be taken at all times; use designated fire pits, fireplaces and woodstoves
3. Candles and camp stoves must not be inside buildings or on porches.
4. The site must be left clean (inside and out) upon departure.
5. No pets may be brought to camp.
6. Any damage or needed repair must be reported to the camp staff immediately.
7. The speed limit on the campsite is 10 mph. Park in designated areas and do not block roadways.
8. The waterfront and docks are closed.
9. Quiet hours are 10:00 p.m. - 7:00 a.m.

## Retreat Center Location

Camp Killoqua - 15207 E. Lake Goodwin Rd. - Stanwood WA 98292

[360-652-6250](tel:360-652-6250)