



## Suggested Packing List

<p><u>Clothing</u>            T-shirts            Long Sleeve Shirts            Sweatshirts            Pants            Workout Wear (<i>active sessions</i>)            Pajamas            Underwear            Socks</p> <p>Rain Jacket            Rubber Boots            Warm Jacket            Warm Hat/Toque</p> <p>Running Shoes            (for high ropes/climbing/archery)</p> <p>Your Rockin' Party outfit!</p>	<p><u>Miscellaneous</u>            Toiletries            Towel            Cell Phone Charger            Camera            Flashlight</p> <p>Refillable Water Bottle            Travel Mug            Alcoholic Beverages            Cooler with ice            Snacks (nut free!)</p> <p>Sunscreen            Bug Spray            Hat &amp; Sunglasses</p> <p>Yoga Mat (<i>yoga session</i>)            Paint Smock (<i>paint sessions</i>)</p> <p>Cash – for <i>private sessions</i> or to purchase items from the marketplace</p>	<p><u>Bedding</u>            Sheets (twin size)            Blankets or Sleeping Bag            Pillow &amp; Pillow Case            Ear Plugs</p> <p><u>Please DO NOT Bring</u>            Scented Products            Nuts of any kind            Space Heaters            Men, Kids or Pets</p>
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### Alcoholic Beverages

You are welcome to bring your own alcoholic beverages for consumption inside your cabin. However, due to our liquor license guidelines, only alcohol purchased from the venue is allowed inside the dining hall.

We will provide wine, free of charge, during the wine social hour on Friday and during dinner each night.

During the nightly activities (7pm-11pm), a cash bar will be set up inside the dining hall. Beer, Wine and Coolers can be purchased for \$3-\$4 each. Cash only.

### Shared Accommodations

Accommodations include cozy, winterized, lakeside cabins with electricity, perfect for bunking down with girlfriends. All have access to a central washroom facility, with sinks, showers and toilets.

Most cabins accommodate 6-18 people so be sure to let us know if you have any cabin mate requests. Come prepared to make new friends!

Remember to bring your own pillow and sleeping bag, and a flashlight to navigate to your cabin at night.