



## Suggested Packing List

<p><u>Clothing</u></p> <p>T-shirts          Long Sleeve Shirts          Sweatshirts          Pants          Workout Wear (active sessions)          Pajamas          Underwear          Socks</p> <p>Rain Jacket          Rubber Boots          Warm Jacket          Warm Hat/Toque</p> <p>Indoor Shoes          Running Shoes          (for high ropes/climbing/archery)</p> <p>Your Rockin' Party outfit!</p>	<p><u>Miscellaneous</u></p> <p>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 (yoga session)          Paint Smock (paint sessions)</p> <p>Cash – for private sessions or to purchase items from the marketplace</p>	<p><u>Bedding</u></p> <p>Sheets (twin size)          Blankets or Sleeping Bag          Pillow &amp; Pillow Case          Ear Plugs</p> <p>Camp Chair for cabin seating</p> <p><u>Please DO NOT Bring</u></p> <p>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 \$5 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.