

Pali Mountain Retreat and Conference Center Clothing List

Pali Mountain is proud to be your hosts for your weekend retreat/conference. In order to make your experience with us as enjoyable as possible we have put together a suggested packing list.

- ✓ Please modify the list as your program and weather dictate.
- ✓ Please check www.runningsprings.com or www.rimoftheworld.net for the latest weather and highway conditions.
- ✓ Please note we are at an altitude of 6,300 ft and typically the temperature on the mountain is 10 – 15 degrees below that of Los Angeles and San Bernardino.

Basic Items!

- Bedding: Most people bring a sleeping bag and a pillow. If you plan on bringing sheets and blankets, our beds are twin sized.
- Towels
- Personal Toiletries (i.e. toothbrush & toothpaste, shampoo, etc.)
- We also highly recommend lip balm, sunscreen, insect repellent and sunglasses.
- Flashlight
- Daypack or back pack
- Water bottle (keeping hydrated in the dry mountain air is essential)

Clothing

- 1 - Jacket
- 3 - T-Shirts
- 2 - pair of shorts
- 2 - pair of long pants (sweats or jeans – especially if you are playing paintball or using the ropes course)
- Underwear and socks (Enough for 3 days!)
- Sneakers - We are located in the beautiful San Bernardino Mountains and our terrain is not conducive to wearing high heels, sandals and flip-flops for general wear.
- Pajamas (It gets cool at night!)
- Hat, Scarf, Mittens/Gloves

Optional Extras (If space allows!)

- Pens, pencils, paper
- Deck of cards
- Board games (no T.V.!!)
- Camera (the views up here are breathtaking!)

Emergency Contact Numbers & Addresses

Mountains Community Hospital
29101 Hospital Road
Lake Arrowhead, CA
909.336.3651 or for general emergency
– 911

Pali Mountain
30778 Hwy 18
Running Springs, CA 92382
909.867.5743

If you have any questions regarding what items to bring, please do not hesitate to call our Conference Director, Jennifer, at 909.867.5743.