



PACKING LIST

PALI RETREAT

PLEASE NOTE :

Please modify the list as your program and the weather dictate. We are at an altitude of 6,300 feet and typically the temperature on the mountain is 10 - 15 degrees below that of Los Angeles and San Bernardino. Check www.noaa.gov or www.weather.com and enter zip code 92382 to check our weather.

GENERAL:

- Bedding: Sleeping bag and pillow, or sheets and blankets suitable for a twin-sized mattress
- Bath towel and hand/face towel
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Lip balm
- Sunscreen
- Insect repellent
- Sunglasses
- Flashlight
- Backpack or day-pack
- Refillable water bottle

CLOTHING:

- Jacket - warm and waterproof/water resistant
- T-shirts
- Shorts
- Long pants - necessary for ropes course and paintball
- Underwear and socks
- Sneakers or hiking shoes - closed toed shoes are required for most activities.
- Snow boots/hiking boots
- Warm pajamas
- Slippers
- Hat/Beanie
- Scarf, Mittens/Gloves

