

## **WHAT TO BRING FOR ADULT ADVENTURE RETREATS:**

- Change of clothing for seven days
- All medications, including over-the-counter meds
- Medical insurance card and photo id
- Clothing for indoors and out, preferably in layers. The average temperature is in the 75-80's during the day and 60's at night. It may be cool/windy on field trips to the Oregon coast and the mountains.
- Bathrobe, sweats, or similar cover up
- Bathing suit and large beach towel
- Personal toiletries, sunscreen and hat
- Comfortable sturdy shoes for walking/hiking. Adventure campers need water type shoes
- Shower shoes or flip flops
- Watch and alarm clock
- Musical instruments, games or hobbies you would like to share
- Money for the Oral Hull store and one to two meals on day trips
- Wind breaker for skydivers
- A flashlight
- A positive attitude

## **WE PROVIDE:**

- All bedding
- We provide pillows or bring your favorite pillow if you want
- Bath towel and wash cloth
- Liquid soap and shampoo dispensers in the showers
- All meals except for up to two meals on our day trips
- A safe and friendly environment where you will have fun
- Round-trip transportation to airport, bus, train or designated local drop-offs