

Mountain Roots Retreat PACKING LIST

We are excited that you will be joining us for a Mountain Roots Leadership Retreat!

Below are some suggestions of what to pack. Your retreat will be hosted at Bonclarken Conference Center in Flat Rock, NC. When looking at weather before your retreat, search “Flat Rock” or “Hendersonville”, NC.

WHAT TO BRING

Focus on: Casual, comfortable clothes and shoes that you do not mind getting dirty.

- Clothing—shorts / pants, shirts (short & long sleeve), underwear, socks, pajamas
- Additional layers if necessary—depending on the forecast
- Rain jacket
- Bathing suit and beach towel (for Option Period water activities—Kayaking, Paddle Boats)
- Sneakers / Tennis Shoes—Close Toed Shoes are REQUIRED for ALL activities!
- A 2nd pair of shoes—we recommend a second pair of shoes in case one gets wet
- Washcloth (Sheets, Pillow, and Towel provided by the Conference Center)
- Toiletries
- Sunscreen
- Flashlight / Head Lamp (and Extra battery)
- Water bottle (or two)
- Backpack for the field trip and around the conference center
- Camera (optional—phones are not allowed during retreat activities)
- *Optional: Spending cash for a Mountain Roots Souvenir: Shirts = \$15; Hats = \$20*

PLEASE NOTE:

- Cell phones are not to be used during retreat activities—If you bring one, please leave it in your room during all retreat activities.
- This goes without saying – but no illegal drugs, tobacco, alcoholic beverages, firearms or fireworks are allowed at any Mountain Roots programs.

