

Wellness Weekend Packing Checklist

- Clothing for the weekend- layers are best! Be prepared for sunny days in the 50s, 60s or 70s and cool nights in the low 40s or even 30s. You may wish for long underwear or winter jackets for evening and early morning activities
- Warm hats and gloves
- Swim suits (the water is at its warmest in September, even if the air is cold!)
- Small day packs for water bottles and extra gear
- Rain gear
- Sturdy footwear (sneakers and/or hiking boots)
- Wet shoes or sandals for showering and at the beach
- Personal toiletries
- Bath towels
- Warm bedding for twin-size beds - sleeping bags, or sheets and heavy blankets
- Fitted sheets for mattress covers (twin bed size)
- Pillows
- Water bottles
- Flashlight or headlamp (and extra batteries)
- Cash (if you plan to get a massage or go on a field trip)

Optional Items

- Watch
- Camera
- Sunglasses
- "Egg crate" or other foam mattress pads
- White clothing to tie-dye
- Downtime activities such as a good book or art supplies
- Mountain bikes, tennis rackets, other sports equipment (Only if you prefer to use your own. We will have HP mountain bikes and tennis rackets available to use at no charge)

* A note on laptops and cell phones: cell reception is limited at Hosmer Point, and Wifi connectivity is only available in the camp office. We like that Hosmer Point is a place to disconnect from technology and reconnect with each other!