

Damascus Packing List

PLEASE BE SURE ALL ARTICLES ARE MARKED WITH YOUR NAME. Lost and Found items will be held for 1 week after retreat.

Bedding

A twin sized bed with mattress (bunks) will be provided. Cabins do have A/C and heat.

- Pillow
- Sleeping bag or bed linens and blankets

Clothing

Make sure clothes are weather-appropriate. We spend a lot of time outside so check the forecast before you come!

- Casual, comfortable, clothes (shorts, t-shirts, jeans etc.). *See modesty policy on reverse.*
- Appropriate sleepwear
- 1 lightweight rain jacket or poncho
- For colder weather: Winter coat, hat and gloves
- 2 pairs of shoes (that can get muddy and/or wet!)
 - o Closed-toed footwear is needed for high adventure activities (rock climbing, high ropes, etc).
 - o Flip-flops are discouraged because of impracticality and safety concerns.

Personal Hygiene Items.

There are showers and restrooms located in each cabin.

- Soap, toothpaste, toothbrush, shampoo, conditioner, deodorant, etc.
- Bath towel and washcloth

Miscellaneous Items:

- o Money for the Gift Shop and Snack Shack. Suggestion: \$25. *Note: Vending machines only take \$1 bills and quarters.*
- o Water bottle
- o A small notebook/journal and pen
- o Bible & Rosary
- o Camera (if desired). Disposable cameras are best.

****See reverse for important information on electronics, medications, food items, and modesty.****

To make the most of your retreat, please be aware of the following policies:

No electronic devices on retreat. (Yes, that includes cell phones!)

Medications: With the exception of asthma inhalers and EpiPens, no minor (under age 18) may possess any drugs (prescription or non-prescription) on their person or in their baggage at any time. Medications will be collected and distributed by chaperone.

Modesty Policy: Clothing is to be modest, dignified, and appropriately suited to retreat activities. Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency are not permitted.

- Men:
 - o Shirts are to be worn by men at all times except when appropriate for activity participation (paint/mud/water).
 - o It may be appropriate to wear compression shorts under loose fitting shorts to avoid awkward moments (climbing harnesses/ impromptu headstands/zipline inversions/living the adventure).
- Women:
 - o Spaghetti straps, short shorts, midriff-revealing shirts, and open-back tops are not permitted. Shirts that are considered undergarments are not permitted when worn as an outer layer. If sleeveless shirts are worn, they must not reveal the chest or bra.
 - o Shorts should have a minimum 5-inch inseam.
 - o Leggings/Yoga pants can only be worn if the hips and butt are fully covered by a longer top or an appropriate skirt.

Food: For Wednesday- Friday retreats, please bring a packed lunch for Wednesday. All other meals will be provided.

****Please note that Damascus is a nut-free facility. For the safety of all our guests, do not bring any food/snacks containing nuts or processed in a facility with nuts. ****

Prepare for an adventure! We are excited to have you with us soon!