

# PACKING LIST

Carolyn  
Casey



aha!  
women's camp

## What NOT to bring to camp:

- Anything tight or squeezey that makes you feel fat (e.g. Spanx, control top anything etc.)
- Shoes that are not comfortable, have impossibly narrow toes or heels of any kind
- Guilt-producing materials (e.g. "I really should read/write/etc. \_\_\_\_\_ while at camp.")
- Work...because you really won't feel like doing it and then you will be in the "guilt" category above
- Lots of cash or valuables (like fancy jewelry)
- A pile of electronics...cause there is very poor cell coverage & no Wi-Fi (yippee—you are free!)
- Alcohol or cigarettes...because we will be on a natural high (and they're not allowed at aha! camp)

## What to bring to wear:

- Anything comfortable and casual (e.g. clothing you would wear on a picnic ☺)
- Warm layers of clothing (because you are at 5,000 feet...so cold at night for sure & maybe in day too)
- Long pants—at least 2 pair
- Long sleeved shirts ... and short sleeved if you are prone to hot flashes
- Hooded sweatshirts/sweater, jacket or windbreaker
- Underwear and socks (as many as you like) with bras being optional (see "tight & squeezey" above)
- Winter gear ('cause you never know...): hat, mittens, winter jacket, long johns, extra socks
- T-shirts, shorts or capris, swim suit—cause it may be gorgeous out and you want to be prepared
- Sturdy shoes like you would wear to go on a trail hike (...and there may be mud...so 2 pairs please)

## What to bring to sleep:

- Warm PJs and sleep socks (no negligee necessary)
  - A pillow
  - A warm sleeping bag OR sheets/blanket/warm comforter OR rent bedding/pillow from YMCA
- NOTE: there are twin mattresses on the bunk beds so you can make them in any way you choose as long as you plan to be warm enough that you won't be whining to your cabin mates that you are cold

## What to bring for personal hygiene:

- towel & washcloth
- soap, shampoo/conditioner & shower flip flops
- hair stuff (comb, brush, hair ties, blow dryer, goos & gels...or a bandana/hat to cover it & call it good)
- toothbrush & toothpaste (please!)
- other options to consider: body lotion, chapstick, personal tissue pack, RX, contacts, glasses, sun glasses, sun screen, bug spray, over-the-counter drugs, vitamins, mouthwash, tampons/pads (uug!)

## Serious camp survival items:

- flashlight (so many uses...as long as the batteries are good, so please check)
- journal or notepad & pen to capture your aha!s (or the Wisdom Session aha!s )
- water bottle (because no disposable water bottles are allowed at camp so we are ecofriendly)
- camera...because it is stunningly gorgeous at camp and you will be inspired to capture it
- swim suit (we are at a lake, after all...no bikinis necessary 'cause that wouldn't be fun for most of us)
- cushion to go on benches around the campfire (or chair if you must...to go behind benches)
- earplugs (for yourself or to loan to others in case you are a snorer and don't know it ☺)
- Joy and excitement for your adventure
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