



What to Bring - A General List for RMERC Retreats

The most important thing you can bring to RMERC is a flexible attitude, ready to accept and adjust cheerfully to the surprises that weather and circumstances may present. It helps a lot, too, if your clothing and equipment are suitable. If you are unsure what to take with you, please ask your leader. If in doubt, bring it, as there is no place to purchase gear nearby.

Please do not bring a radio, music player, iPod, laptop, books, axe, alcohol, marijuana, or illegal drugs. Think about whether you really need a camera; is it consistent with the intentions of a retreat?

During June-September, average high temperatures are 65-75 F and lows are 35-45 F. In May and October average highs are in the 50s and lows are below freezing. April and November are colder. In the mountains, there is always a chance of cold, rain, hail, and wind, though those tend to be brief. Afternoon thundershowers are common in summer.

What to Bring

- Water bottles: One or Two 1 liter.
- Insulated coffee/tea mug with lid (optional)
- Sunscreen and lip balm
- Hat (wide brim, for the sun)
- Sunglasses
- Comfortable shoes for short walks
- Slippers for indoors, shoes are not allowed in the lodge
- Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Underwear
- T-shirts or shirts: soft cotton, long or short sleeve
- Warm underlayer, shirts and pants, warm-when-wet fabric such as smartwool or capilene, etc.
- Parka: waterproof and windproof shell jacket
- Warm layer for under the parka, such as a fleece jacket
- Personal:
 - Checks or Cash for Teacher/Staff Offerings (Dana) PLEASE DO NOT FORGET
 - Notebook and Pen
 - Toiletries, sunscreen, etc: biodegradable and scent-free please
 - Medication(s)
 - Small simple camera (optional)
 - Personal first-aid needs
 - Scissors/nail cutter/nail file
 - Headlamp/flashlight (plus batteries)

For Camping Lodgers

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net

For Nature and Outdoor Retreats

- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- Small tupperware-type container(s) with a tight lid for packing lunches
- Plastic knife, fork, spoon for trail lunches
- Daypack or large waist pack
- Insect repellent
- Mosquito head net
- Umbrella
- Watch
- Emergency whistle
- Small notebook and pen
- Hiking shoes or light boots, broken-in before the retreat
- Rain pants
- Hiking Socks: 3-4 pair synthetic or wool
- Small amount of snacks and drink mixes

For Retreats with Solos

- Tent (1 per person, even if you are a couple); small backpacking tents are ideal.
- Sleeping bag: minimum 3-season.
- Sheet, pillow and pillowcase for comfort (optional)
- Sleeping pad.
- A small backpacking stove, fuel and small pot (OPTIONAL you do not need it). The solo food provided does not require cooking, but you can bring a small stove to heat up food, tea, coffee, etc. if you want. Note that airlines do not allow you to bring camping stove fuel canisters, so if you are flying, do not bring a stove.
- Large backpack for solo. This is optional; you can camp closer to the lodge and walk your gear to your site in several trips.
- Bear canister or bear bag for solo food: If you have one bring it. There are bear cans to borrow as well.
- Small camp towel
- Empty one gallon water jug
- Small first aid kit