

Women's Weekend Retreat Suggested Packing List

Accommodation Details: During the Women's Weekend Retreat you will be staying in either a cabin, platform tent or pitching your own tent based on the interest you expressed in your application/ registration portal. Both cabins and tents are rustic but include bunk style beds with mattresses. Bathhouses with electricity and hot water are located nearby all cabins and tents.

Food / Beverage Details: A variety of healthy prepared meals, snacks and non-alcoholic beverages will be available at all times throughout the weekend for your consumption and enjoyment. You are welcome to bring alcoholic beverages of your own to enjoy, but please be considerate and responsible with consumption. Most meals are served in our lodge, with opportunities to dine on our porch or picnic tables. Meal times and service vary and can be consumed as a group or when you are ready to eat. If you have any special food considerations please make sure it is reflected on your application/registration forms, or reach out to us directly. We are happy to accommodate most requests.

Please head to our website to learn more about meals, accommodations, who's who roster and the many other treats we have in store for you! <https://ywcavt.org/womens-weekend-retreat/>

Packing List Considerations:

- Sunscreen and bug repellent
- Swimming and waterfront attire
- Footwear: Water shoes (optional, Camp Hochelaga has a beautiful shale rock waterfront), sneakers, sandals etc...
- Clothing you can move, get dirty and be active in
- Warm clothing for cooler evening and morning hours
- Raincoat / Poncho
- Linens or sleeping bag and pillow (nights can be chilly here, mattress fit a standard twin size fitted sheet)
- Flashlight or lantern for evenings in cabins and tents
- Toiletries
- Towels (beach and bath)
- Things to tie dye (completely optional, could include headbands, shirts, socks, sundresses, or anything else you would like!)
- Sunglasses / Hat
- Materials for R & R (The book at the top of your reading list, your favorite board game, puzzle etc...)
- Water bottle
- Book for our Book Swap
- Money (cash, check or credit card) for camp store purchases and/ or small up charges for some self-care offerings

- If you are coming for a day stay, there will be a space for you to store any personal items you would like to bring with you, plus changing area. Day stay participants should bring / be prepared with most of the above, minus the sleeping needs / and or additional toiletry items.
- Optional: On Friday morning, Local Motion will be on site offering a Bicycling 101 in VT workshop with the option to take a facilitated ride out to the local winery for a private tour and tasting, you can bring your own bike to partake in the workshop, or a select number of first come first serve bikes will be available for the workshop. There may be a small cost to participate in the tasting at the winery.