Packing Guidelines

As you prepare to come to Glen Lake Camp & Conference Center for the Institute, we hope you will bring the clothing and supplies suggested below. It can be very hot and rainy. We suggest you bring everything, including all of those items that are listed as optional. Quantities suggested are for a six to seven-day trip.

**NECESSARY:**
- 7 comfortable, casual outfits (shorts, pants, jeans, t-shirts, short sleeve shirts, polo shirts, winter jackets, sweatshirts, etc.)
- 7 pairs of socks
- 1 pair of shoes
- 1 pair of athletic shoes
- 1 extra set of casual (grungy) clothes and close-toed shoes you don’t mind getting dirty (for low ropes/challenge course on Day Two)
- 1 pair of pajamas
- 1 sweatshirt or sweater (can get cold at night or cold in AC)
- 1 light jacket/winter jacket (depending on weather)
- 1 poncho and/or umbrella
- 1 flashlight and batteries
- 1 insect repellent and sunscreen (for spring/summer sessions only)
- 1 pair of sunglasses
- 1 week of prescription medication (if required/needed) (headache, cold, allergy, bee stings in case site is surrounded by woods, trees and gardens)
- 1 set of personal toiletry items (toothbrush & paste, soap, shampoo, hair dryer, comb and brush and any other personal needs)
- 1 set of linens for bedding & towel/washcloth for showers

**OPTIONAL:**
- bathrobe and slippers
- snacks (some snacks provided)
- shower shoes
- camera
- iPod/personal music player
- alarm clock
- personal journal
- watch (cell phone reception/use will be limited)
- casual belt
- nominal spare cash (for personal needs)
- water bottle

There is no laundry facility available for use during the Institute. Please plan accordingly.

Note: Cell phones are permitted, but should only be used during participant free time.

While we can provide suggestions on what to pack, only you know what makes you comfortable!