



Packing Check List for Walk to Emmaus

_____ Comfortable Clothing including a light jacket, most of the time will be spent in the Conference Room

_____ Umbrella or rain gear may be needed depending on weather. We will be walking between buildings for activities and to our rooms.

_____ Toiletry items (shampoo, condition, toothbrush & paste, deodorant and soap), including towels, wash cloths and shower shoes if needed.

_____ Medication that you regularly or occasionally take.

_____ Flashlight

_____ Bedding for twin size bed, either a sleeping bag or sheets whichever you prefer and pillow.

_____ Small fan (if you wish)