

The following items are suggested for you to have an optimal experience while participating at our program! Should you have questions about items to bring, please come see our table at the Resource Fair or the Faculty Q&A Panel at New Student Orientation or call 618.453.1122, ext 246 Monday thru Friday from 9:00 am - 4:30 pm.

Clothing		Material	Quantity	Checklist
Socks	Cause you just got to. Synthetics will dry more quickly and leave you feeling more comfortable during the retreat.	Synthetic, wool, blend 	4 to 6	
Undergarments	Most Salukis wear undergarments underneath their base layer. Synthetics will dry more quickly and leave you feeling more comfortable during the retreat.	Preferably synthetics  	4 to 6	
Short Sleeve T-Shirt or Comfortable Tank	A short-sleeved synthetic T-Shirt to wear during the day. Consider your daytime use and sleeping arrangements.	Synthetic, blends 	4 to 6	
Mid-weight pullover	This pullover may provide some warmth on some nights where the wind is out. A wool sweater or lightweight fleece work best.	Fleece, Wool 	1	
Athletic Shorts	Loose fitting nylon, synthetic athletic or hiking shorts to participate in activities throughout the program.	 	4	
Comfortable Pants	Breathable pants can protect from the sun and sharp plants but still provide cool body temperatures on hot days. For climbing and some activities, you may want longer shorts or pants.	Nylon or Synthetic 	1	
Swimwear	Athletic bathingsuits are recommended, so wardrobe malfunctions won't occur during activities.	 	1	
Other				
"Buff"/Balaclava	"Buffs" are a multifunctional neck gaiter that can substitute for a lightweight balaclava.	Polyester 	1	
Sunglasses	To protect your eyes from the sun and to look classy.		1	
Baseball Hat	Baseball cap or visor.		1	
Footwear				
Water Shoes	Water shoes should be comfortable, durable and light weight. Old Tennis Shoes or anything with a good sole will do. Tevas, Keens or Chacos work great, too. They should be able to stay on your feet, and not get lost in the water!		1	
Trail or Tennis Shoes	For competitions, it may be in your best interest to bring shoes that keep you agile. Closed toed shoes for hiking around the area are suggested!		1	
Sleeping Gear				
Sleeping Bag OR Twin Sheets	You'll be staying in cabins on bunks, so be sure to bring either a sleeping bag OR a pair of twin sheets.	Twin Sheets  	1	
Pillow	A pillow might be the pick me up you need after a long day at Touch. You may be debating on what color or design to settle on. Don't stress out about it, just sleep on it.		1	
Personal Supplies				
Day Pack	Highly recommended. This will be very useful during the day to carry around your water bottle, bug spray, sunglasses, etc.		1	
Personal Eyecare/Eye Wear	Bring extra pairs of contacts in case you lose some.	 	1	

Sun Block	With a recommended Sun Protection Factor of at least 30.		1	
Lip Balm	Nobody likes chapped lips.		2	
Personal Toiletries	Toothbrush, toothpaste, floss, finger nail clippers, hand lotion, tampons, shampoo, conditioner. You'll have access to showers each night.		1	
Insect Repellent	Avoid aerosol canisters. Insect Repellent with DEET works best and will not harm you if used sparingly.		1	
Water Bottles	Solid 32oz water bottle, such as a Nalgene, are required. You can also utilize hydration bladders.		1	
Extra Large Beach Towel	To use for showers at night and also to dry off from water based activities in the day. You may consider bringing two.		1 or 2	
Themed Socials				
Pajama Party	Yes, pajamas means clothing. Pull out those fluffy bunny slippers and dinosaur onesies!		1 outfit	
Mid-Summer's Night's Dance Party	Semi-formal attire.		1 outfit	
Egyptian Festival	Wear your most prided pharaoh headress, gold jewels, beards, and Egyptian themed costume. There will be a best dressed peer awarded costume contest.		1 outfit	
If you have it				
Climbing Shoes	Shoes that are worn in already; if you climb and prefer your own shoes, feel free to bring them!		1	
Harness	We have harness to use, but if you have one, bring it along. We'll inspect it prior to use on the trip.		1	
Headlamp	Go for something lightweight and adjustable. This will help you walk around Touch during the evenings.		1	
Snacks	Whatever snacks you like best to give you a little extra energy during the day or before bed.			