


























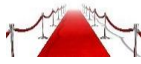




The following items are suggested for you to have an optimal experience while participating at our program! Should you have questions about items to bring, please come see our table at the Resource Fair or the Faculty Q&A Panel at New Student Orientation or call 618.453.1122, ext 246 Monday thru Friday 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 are required by Touch of Nature for all water activities on the beach front. Water shoes MUST be able to be secured to your foot. Chacos, Teva's, or Crocs with the heel strap all work. Slides, flip flops and bare feet will not be allowed.		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				
Evening Social	Semi-formal attire. Wear whatever you will look and feel your best in!		1 outfit	
Costume Party	The cheesier, the better.		1 outfit	
If you have it				
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.	