

## Packing List for SLMC Retreat & Rental Guests

### ***Recommended for all Overnight Guests:***

- Fitted sheet to cover vinyl mattress (single/twin size)
- Sleeping bag or warm bedding for single bed (+ extra blanket for cooler nights)
- Pillow
- Personal toiletries
- Personal medications
- Shower & hand towels
- Water bottle
- Light clothing & warm clothing
- Pajamas
- Warm layers/coats, mitts/hat (especially during the spring/fall/winter)
- Raincoat & Umbrella
- Swimsuit, sunscreen, beach towel, sun hat, sandals (depending on season)
- Running or hiking shoes
- Rubber boots (camp is often wet and muddy especially spring/fall)
- Indoor shoes or slippers (for your cabin or dining hall)
- Flashlight or headlamp for navigating at night

### ***Optional Items:***

- Camp chairs for sitting around a campfire (benches are provided)
- Camera, Binoculars
- Journal or reading material
- Board games, sports equipment, etc.
- Insect repellent
- Masks (optional if you prefer to wear in common indoor areas)

***DO NOT BRING:*** Valuables, jewelry, electronics, expensive clothing, pets/dogs, food with nuts/peanuts, illegal substances, alcohol, cannabis.

*\*Smoking and vaping are not permitted on SLMC property.*

*\*Silver Lake is not responsible for any lost or stolen items.*

***A note about Devices/Electronics:*** We ask that you disconnect from devices and other technology while at camp. Please keep phones in your car or cabin on silent mode. Phones can be used for cameras but please be respectful and mindful of others who are enjoying a tech-free experience.

*\*WiFi is not available for retreat/rental guests.*

**See page 2 for Winter Retreats...**

## Additional Items for Winter Retreats

### ***Cold Weather Clothing:***

- Warm winter boots
- Heavy coat
- Warm hat or toque
- 2 pairs gloves or mittens
- Scarf
- Snow pants
- 3 or more pairs of socks (wool or fleece if possible)
- Long underwear
- Extra warm pants, sweatshirts, etc... (in case clothing gets wet)
- Warm pajamas
- Indoor shoes or slippers (keep feet dry & warm in dining hall)
- Extra blanket for keeping cozy

### ***Extras if you wish!***

- Swimsuit & large towel (for sauna)
- Travel mug or thermos for warm beverages
- Cross-country skis
- Snowshoes
- Skates, helmet, hockey sticks & pucks (*\* It is very rare that the pond or lake ice is good enough or safe enough for skating, but occasionally the conditions are favourable for this fun winter activity. An adult who knows about safe ice must check thickness and surface area before anyone goes on the pond or lake. Adult supervision is always required at the waterfront.*)

**Note:** SLMC has a selection of cross-county skis, ski boots, and snowshoes, but if you want to guarantee the right fit, it's best to bring your own. This winter equipment is only available to retreat participants and not rental groups.