Graham Scholars Retreat Packing List

This list is a guide to help ensure your comfort. Please make sure that you have the necessary items on this list.

**Mug & Bottle:**
- Insulated mug/bottle (any with a lid works)
- Two reusable water bottles (each should hold about 1 liter of liquid)

**Identification & Medical Supplies:**
- U-M Identification Card (Mcard) or Driver’s License
- Prescription medications (epi-pens, allergy, etc.)
- Health insurance card and medical bracelet, as applicable

**Clothing:**
- 1 light-weight jacket or sweatshirt
- 1 waterproof/resistant top and bottom (rain jacket with hood/pants)
- 1 pair warm pants (fleece or wool pants sweatpants)
- 1 pair long pants for hiking in forest areas
- 1 pair quick-drying shorts
- 2 tops: 1 short sleeve T-shirt and 1 long sleeve for sun protection
- 1 pair underwear, and hiking socks (wool)
- 1 pair sandals or water shoes you can get wet
- 1 pair walking/hiking shoes (sturdy, closed-toe, and heeled)
- Bathing suit
- A hat with a brim for sun protection

**Personal Supplies:**
- Small, quick drying towel
- Sunscreen and lip balm
- Bug spray
- Toothbrush, toothpaste, and floss
- Deodorant
- Feminine supplies
- Small first-aid kit (a few band aids, bug bite salve, sunburn salve)
- Sunglasses/Contacts/Glasses
- Headlamp or flashlight (with charged spare batteries)

**Optional:**
- Spending money
- Journal and writing utensil (Rite in the Rain journals are good in any weather)
- You may bring your cell phone to use when we return to campus, but the expectation is that it will remain off for the duration of the trip

**Do Not Bring:**
- Drugs, alcohol or tobacco products
- Computers, tablets or other electronic devices
- Full-sized travel luggage (please use a backpack or soft duffel bag)

**Note:** You are not limited to this list, but please try to fit all items in a small duffel or backpack, to allow legroom in the vans. If you want to bring frisbees, a volleyball, or playing cards, please email retreat leaders to avoid duplicate items. Leaders will have cell phones.