

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.