



DIGITAL DETOX WORKS!

What To Bring... *Things to consider when packing for our Maine Retreat:*

- Remember to bring your valid passport for travel to Canada.
- Since there is a washer and dryer on-site, pack a 1 week supply of clothing.
- If you don't own a pair of non-slippery, good tread rain boots you can purchase them in Eastport at Moose Marine.
- Pack a variety of clothes for: work days, casual days, adventure days and a bit dressier for community gathering days.
- Please bring a reusable water bottle.
- A couple of good books.
- A small backpack or day pack
- Medications must be in your carry-on luggage

****See checklist on next page for other items to pack!**

Suggested list of items to pack:

** (think layers, it can be cool in the morning/evening and hotter during the day)

<p>Clothing:</p> <ul style="list-style-type: none"><input type="checkbox"/> Underwear<input type="checkbox"/> Sleepwear<input type="checkbox"/> Loungewear<input type="checkbox"/> T-shirts<input type="checkbox"/> Shorts<input type="checkbox"/> Jeans<input type="checkbox"/> Sweat pants<input type="checkbox"/> A light rain jacket / windbreaker<input type="checkbox"/> A warmer jacket / sweatshirt<input type="checkbox"/> Good walking shoes / tennis shoes<input type="checkbox"/> Non-slippery, good tread rain boots<input type="checkbox"/> Socks<input type="checkbox"/> Flip flops<input type="checkbox"/> Bathing suit <p>Etc.</p> <ul style="list-style-type: none"><input type="checkbox"/> Medications<input type="checkbox"/> Passport<input type="checkbox"/> Cash and/or Debit / Credit Card<input type="checkbox"/> Student ID or Driver's License	<p>Accessories:</p> <ul style="list-style-type: none"><input type="checkbox"/> Sun Hat<input type="checkbox"/> Sunglasses<input type="checkbox"/> Beach towel<input type="checkbox"/> Work gloves<input type="checkbox"/> Flashlight<input type="checkbox"/> Reusable water bottle<input type="checkbox"/> Summer Reading or other good books<input type="checkbox"/> Notebook / Journal / Sketchbook<input type="checkbox"/> Pens / Colored Pencils<input type="checkbox"/> Daypack<input type="checkbox"/> Bicycle Helmet<input type="checkbox"/> Binoculars (optional) <p>Toiletries:</p> <ul style="list-style-type: none"><input type="checkbox"/> Shampoo etc.<input type="checkbox"/> Sunscreen<input type="checkbox"/> Toothbrush<input type="checkbox"/> Toothpaste<input type="checkbox"/> Deodorant<input type="checkbox"/> Bug Spray (optional)
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