



Overnight Packing List for Retreat Groups:

Sleeping bag or blanket & sheet

Pillow

Toiletries (soap, shampoo, toothbrush, toothpaste, etc.)

Towel & washcloth

Clothing and shoes for outdoors

Insect repellent

Kitchen: *If groups choose to prepare their own meals:

McRaith Lodge: Please bring dining supplies (cups, plates, napkins and cutlery), and charcoal and lighter fluid for the use of the grill.

Boone Lodge: Please bring all cooking and dining supplies (pots/pans, cups, plates, napkins and cutlery).

Cabin Lodge: Please bring all cooking and dining supplies (pots/pans, cups, plates, napkins and cutlery), and charcoal and lighter fluid for use of the grill.

Note: Gasper River does not have vending machines on site; please consider bringing snacks/drinks as well as dining supplies for the snacks.