

## LUTSEN WINTER WEEKEND CHECKLIST

### A FEW THINGS TO EXPECT (see retreat webpage for further explanations):

- **Check-in at the office:** 8:30 am (can leave cars in parking lot) | **Duluth pick-up:** Noon (cannot leave cars there)
- Up to 40 people will be on the bus but with lower numbers we will use vans
- 2 nights in **cabins shared** by approx. 6-12 others (men/women separate); shared space like camping, only indoors ☺
- **Meals covered:** lunch on Friday through supper on Sunday (though homemade cookies, etc. are always welcome!)
- Bring items of **clothing that can be LAYERED** easily for the variety of temps, indoor & out!
- **Electronics-free time:** leave it at home or shut it all the way off ☺...if you are tempted to use your phone for anything other than pictures, we will happily hold it for you through the weekend! A group camera will be available to all.

### TASK LIST:

- Registration, Health, & Liability **forms filled out** and returned to **Into the Deep** with **payment** (no refunds after Dec. 8)
- Decide upon activities and be prepared to “pay as you go” or see price breaks online at [Lutsen.com/winter/lift-tickets/](http://Lutsen.com/winter/lift-tickets/)
- Please carry** your medical insurance card and driver’s license!
- Set up **“out of office” replies** for cell phone & email; turn phone off or to airplane mode if using camera.
- Bring money** for drinks, personal snacks, souvenirs, gifts, etc.
- Pack a small bag** for the bus/van ride (separate from what will be in back/underneath): winter jacket, hat, gloves/mittens, money, ID, water bottle, thermal mug, headlamp, sunglasses, medicine, camera, optional pillow.

### CHECKLIST: please do not ignore anything on this list unless it is marked as ‘optional’

- Small backpack/bag for items to bring on the bus/in the van
- Good winter jacket (wind & moisture repellency necessary!)
- Hat, neck warmer/scarf, mittens or gloves (best if wind & water repellent)
- Long underwear (tops & bottoms)
- Snow pants, **or** a combo of long underwear, sweatpants, and rain/wind pants
- Snow boots or hiking boots (waterproof & with good grip) for being outside
- Wool or warm socks for outdoor activities (not cotton)
- Optional: thin pair socks for under heavier socks (not cotton)
- 3 warm layers that can be worn together under your jacket (sweatshirt, fleece, vest, etc.)
- long sleeve and regular t-shirt (gives you temp control options)
- Jeans, sweatpants, etc. (comfortable clothes)
- Modest, warm sleepwear
- Optional warm socks just for sleeping + optional slippers ☺
- Sleeping bag (everyone needs to bring one, even if sleeping on a bed...group style cabins)  
*TIP: put it in a garbage bag with your name on it for transport.*
- Optional: flannel sheet “sleep sack” to line sleeping bag (great for more warmth)
- If you have one:** sleeping pad (*let us know if you are willing to volunteer for sleeping on the floor*)
- Optional: travel pillow
- Personal Toiletries (sample size are great to save space) – towels & washcloths provided in the cabins
- Optional: lip balm & sunscreen for the slopes
- GEAR you already own: helmet, boards, skis, poles, boots, snowshoes
- Sunglasses / ski goggles
- Thermal mug (12 oz or so)** for hot drinks... put your name on it; we do not provide cups!
- Water bottle (refillable)**... put your name on it; we do not provide cups!
- Small flashlight / headlamp + batteries (handy in cabins or for reading on the bus after sunset)
- Optional: camera/batteries/memory card
- Optional: breviary, rosary, journal, pen, bible, book, travel games, cards, etc. (please plan on non-electronic versions!)
- Musical instruments welcome! Cascade Lodge has an old baby grand piano in the main lodge, fyi...