

2020 Mom & Daughter Retreat

Itasca State Park & Headwaters Inn

CONSIDER:

- You have the option to stay in the hostel-style inn or camp nearby: 3 nights
- The retreat runs from 5pm Thurs (starting with a meal) to 1:30 pm Sunday (ends with lunch); please bless yourselves by attending the full duration of the weekend.
- Temps can range from 30-55 degrees at this time of year. Bring items of clothing that can be LAYERED easily, for days inside & outside, chilly nights & windy shorelines!

TASK LIST:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with payment
- Set up "out of office" replies for cell phone & email: expectation of no electronics (only for emergency)
- Money for souvenirs or gifts
- Medications (please bring in original containers)
- Please carry your medical insurance card and driver's license
- Organize small daypacks:** water bottle, raingear, warmer layer, hat & gloves, headlamp, sunglasses, medicine, camera

CHECKLIST: FOR EVERYONE

- Thermal mug (12 oz)** for hot drinks... put your name on it!
- Water bottle(s)** – even if you don't plan to hike... put your name on them!
- Comfortable clothes/slippers for listening to talks & conversations with each other
- One outfit for Sunday Mass (as you wish: no need to be fancy but you may dress up if you like!)
- Personal toiletries
- Consider your particular needs: towel, sheets, pillow & blankets provided if you opt for the inn
- Optional: rosary, journal, pen, bible, breviary, travel games, cards, etc. (please bring non-electronic versions)
- Musical instruments welcome

CHECKLIST: FOR HIKING

- Camera/batteries/memory card (group camera is available to facilitate leaving phones off).
- Good raincoat (should fit over your warm layers; wind & moisture repellency necessary)... *for your own good, PLEASE: no plastic ponchos!*
- Optional: rain/wind pants (full zipper up sides is most convenient)
- Winter hat, neck warmer/scarf, and mittens/gloves
- Helpful: long underwear tops & bottoms
- Hiking boots or shoes suitable for hiking on rocky terrain (waterproof helpful)
- Wool socks for hiking (cotton not recommended)
- Optional: thin pair socks for under heavier socks to avoid blisters (not cotton)
- 2-3 warm layers: sweatshirt, fleece jacket, vest, etc. that can fit over each other (with rain coat over them)

CHECKLIST: FOR CAMPING (in addition to hiking list)

- Make your own reservations at Itasca State Park (MN DNR website): **Pine Ridge Campground, Oak & Spruce Loops**
- Let Jen know if you need equipment: a few tents & sleeping pads are available for rent
- KEEP ANY FOOD SEPARATE from clothes and out of tents! (meals are included in the retreat regardless of lodging)
- Warm sleepwear & warm socks designated just for sleeping (free from sweat, which can chill you)
- Long underwear tops & bottoms (additional warmth for sleeping!)
- Pillow
- Sleeping bag (suitable for cold temps, down to 20°)
- Optional: flannel sheet or fleece "sleep sack" to line sleeping bag (adds about 10° of warmth)
 >**Make your own:** use a cotton or flannel (thin/light) double flat sheet folded in half & sewn across the bottom + 1/3 up the side
- Thermarest (or other type of "closed cell") sleeping pad (can rent from I.D. for \$10)
- Flashlight / headlamp + batteries
- Extra Nalgene bottles to fill with hot water (a tool to keep feet and core warm...Jen has extra)
- NOTE:** the campground water will be turned off by this date, but pit toilets are available. Showers & flush toilets are available in the inn.