

2021 Mom & Daughter Retreat

Camp Gray & Mirror Lake State Park, WI

CONSIDER:

- You have the option to stay in Camp Gray's lodging or camp in nearby Mirror Lake State Park: 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 fall weather!

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*)
- ☐ 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 & towel
- ☐ Consider your particular preference for sleeping: sleeping bag vs. sheets, pillow & blankets (*these are not provided*)
- ☐ 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
- ☐ Winter hat, neck warmer/scarf, and mittens/gloves
- ☐ Helpful: long underwear tops & bottoms
- ☐ Hiking boots or sport shoes suitable for hiking on rocky terrain
- ☐ 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 Mirror Lake State Park: **Sandstone Ridge or Cliffwood Campgrounds**
- ☐ 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...I.D. has extra*)
- ☐ **NOTE:** campground water may be turned off by this weekend but is available via spigot by the park office soda machines. Showers & flush toilets are available at Camp Gray.