

LUTSEN WINTER WEEKEND CHECKLIST

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

- **Mass** at 8 am, St. Charles Borromeo: 2837 Stinson Blvd NE Mpls, MN
- **Check-in at the office:** 9 am (can leave cars in parking lot) | **Duluth pick-up:** Noon (can only leave cars in Carlton)
- We will use 12 passenger vans, but with higher numbers could rent a coach bus. Please inquire about driving separately.
- 2 nights in **cabins shared** by approx. 6-10 others (men/women separate); shared space like camping, only indoors ☺
- **Meals covered:** lunch on Friday through our evening meal 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**
- ☐ Decide upon activities and be prepared to reserve advance tickets online for Lutsen (they are implementing a capacity limit) at <https://www.lutsen.com/winter/purchase/lift-tickets> or “pay as you go” for XC skiing/snowshoeing
- ☐ **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.
- ☐ **Wear warm boots & pack a small bag** for the van ride (separate from what will be packed in the back): 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 in the van
- ☐ **Thermal mug (12ish oz.)** for hot drinks... put your name on it; we do not provide cups!
- ☐ **Water bottle (20-30ish oz.; refillable)**... put your name on it; we do not provide cups!
- ☐ Good winter jacket (wind & moisture repellency necessary!)
- ☐ Hat, neck warmer/scarf, hearty mittens or ski 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 (warm & 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 for evenings)
- ☐ Modest, warm sleepwear
- ☐ Optional warm socks just for sleeping + optional slippers ☺
- ☐ Sleeping bag (everyone needs to bring one, even if sleeping on a bed...except those who are flying in)
TIP: put it in a stuff sack or 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 (pillows are available in the cabins)
- ☐ Personal Toiletries (sample size are great to save space) – towels & washcloths provided in the cabins
- ☐ Lip balm & sunscreen for the slopes (Jen will have sunscreen if you decide you want it)
- ☐ Sunglasses / ski goggles
- ☐ GEAR you already own: helmet, boards, skis, poles, boots, snowshoes
- ☐ Small flashlight / headlamp + batteries (handy in cabins for finding things when others are sleeping)
- ☐ 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...