**Supply List (this is a guide to help simplify your packing planning—the weather may be warm and it may be very cool this time of year—so encourage you also to check as it gets closer, Sagle, Idaho to see what is most appropriate).**

( ) Warm clothes (that you don’t mind getting paint on—or a paint apron to wear over.)

( ) Down jacket, fleece, or layers work well.

( ) Long john’s (bottoms and top) (in case of cool weather painting outside).

( ) Wool hat

( ) Gloves

( ) Rain jacket (pants optional)

( ) Hiking shoes

( ) Sandles

( ) 2 pairs socks (I recommend wool)

( ) Swimsuit

( ) 1 pair Jeans or synthetic pants

( ) 1 pair shorts

( ) Short sleeve shirts (at least one synthetic) (1-2)

( ) Long-sleeve shirts (at least one synthetic) (1-2)

( ) Pajamas

( ) Underwear (2-3)

( ) Sports Bra (1-2)

( ) Sunscreen and lip balm

( ) Headlamp

( ) Water bottle

( ) Sunglasses

( ) Reading Glasses

( ) Medication (please bring the bottles or labels with)

( ) Toothbrush/toiletries

( ) Yoga Matt

( ) Journal/Pen

**Optional:**

( ) Phone/Tablet (we encourage letting yourself disconnect for the weekend).

( ) Book

( ) Camera (on phone works)

( ) Watch/alarm clock

( ) Small Backpack

**Art Supplies—please bring your own of these—even if using the other painting supplies.**

( ) Large Surface (medium to large) ie) wood, canvas, or paper

( ) Paint pallet, or pallet paper

( ) A journal for writing

( ) Easel (if your preferred way of working)

( ) Brush set

( ) Container for water

**Art Supplies (this is a recommended list, you are welcome to add too or subtract from based on preference). If you would like to use the provided supplies please contribute a $10 supply fee.**

( ) Paint—Acrylic, Tempera, Liquid Water-color (Dick Blick is my favorite)

( ) Collage images

( ) Mixed Media: pastel, pen and ink (gel pens), water soluble materials (oil pastels, pencils, and crayons are my favorite)

( ) Sketch pad

( ) Textured items.

( ) Glue/mod podge

**Note:**

**Please let Bevie know ahead of time if you are in need of the following:**

( ) Yoga Matt

( ) Art Supplies ($10 contribution)

If you plan to explore Sandpoint or surrounding areas after the retreat there are many hiking trails in the area, kayaking, shops, etc.