

# Ladies Retreats

## Items to Bring

### Women's Camps Required:

- *Bedding, Blankets or sleeping bag (the Lodge can get cool especially at night, please bring extra bedding or heating blanket if you get easily chilled)*
- *Egg Shell Foamie*
- *Pillows - bring extra so you are comfortable*
- *Towel(s)*
- *Toiletries*
- *Lip Balm (it's dry at camp)*
- *Shampoo*
- *Conditioner*
- *Deodorant*
- *Pajamas*
- *Comfortable clothing for the weekend*
- *Slippers/Indoor Shoes*
- *Extra blankets for lounging*
- *Extra Snacks (peanut free)*
- *Bible / Book*
- *Notepaper and Pen*
- *Outdoor Clothing & Shoes*
- *Phone and Charger*
- *Any extras to make your stay more comfortable (ie. special coffee or tea mug)*

### Quilting Things to Bring:

- *Cutting mat*
- *Rotary cutter & extra blades*
- *Extra sewing machine needles*
  - *Material for your project*
  - *Measuring Tape*
  - *Pen/pencil*
- *Pins (straight & quilters)*
  - *Rulers (various sizes)*
  - *Scissors*
- *Seam ripper, thread, bobbins*
- *Sewing table lamp*
- *Sewing machine & cords*
- *Extension cord & power bar*

Alberta Pioneer Camp is not responsible for lost or stolen items. All items are bring at own risk. Lost and Found will be held for two weeks, then donated to the local thrift store.