

THE HEART CONFERENCE PACKING LIST

- Comfortable clothing and in layers. You might check a weather app for local temperatures during the conference time frame**
- Socks (to wear in group room)**
- A jacket**
- An all white outfit—Bring at least one white outfit. Since we wear these often, for ritual, you may want to bring extras. (Shirts with long pants or skirts, or dresses; NO SHORTS for ritual whites.)**
- An alarm clock (not in the form of a cellphone)**
- Sunscreen**
- Sunhat**
- Toiletries**
- Flashlight**
- Insect Repellent**
- Water bottle and/or a cup with lid for group room**
- Ritual objects—any you may want for the main altar during the conference**
- Cash for tips (\$12/day recommended)**

OPTIONAL—

- Small satchel or carrying tote**
- Hiking shoes or good athletic shoes for hiking**
- Fanny pack or day pack for hiking**
- Feel free to bring any musical instruments you'd like**

THE RETREAT CENTER PROVIDES BED AND BATH LINENS



Pathways Institute
AWAKEN CONSCIOUSNESS