

Suggested Packing List for IAWA Weekend

It could be cold! It could be hot! Check the weather and please pack accordingly.

- Big Book & Twelve & Twelve
- Comfortable clothing
- Sneakers, boots (just in case)
- Warm coat, hat, gloves – (just in case)
- Umbrella, raincoat and waterproof boots – (there will be some walking from building to building)
- **Pillows ***
- **Sleeping bag or Blanket and Sheets***
- **Wash Cloth & Towel ***

**These items can be provided by the Y at Watson Woods for a small fee. Please email iawarecovery@gmail.com if you wish to reserve bedding, towels and/or wash cloths*

- Personal Hygiene Items and medications
- Pen/journal
- Camp/aluminum folding chair (there will be metal folding chairs there)
- A blanket for your lap in case it gets chilly in the retreat hall
- Flip flops/shower shoes
- Earplugs- for light sleepers
- Alarm clock
- **Flashlight – there will be walking after dark on unlighted paths**
- Snacks and/or beverage to share for the snack table
- Cards/Board games
- Your favorite mug
- A yoga mat (optional)
- A reusable water container (*Please - don't bring multiple bottles of water.*)
- Any beverage you want other than tea, coffee, water outside of meals
- **Bring food to meet your needs if you have special dietary requirements.** The Y at Watson Woods is limited in their capacity to accommodate special dietary needs and restrictions

Available On Site:

- The cabin has a full size refrigerator
- Coffee, tea, snacks

Watson Homestead Phone: 607-962-0541