

## Tarab Retreat List – Please label everything!

1. Bedding for a bunk bed or camping equipment
2. Towels, toiletries for bathrooms
3. Water Bottle – please label!
4. Flashlight or head lamp
5. Clothes for three days
6. Light jacket / hat
7. Walking shoes for woods
8. Instruments – both melody and percussion (zils!)
9. Zils!
10. Dance Class attire
11. Costumes for inside shows
12. Festive attire for the fire circle (layers!)
13. Dance shoes for inside
14. Yoga Mat
15. Veil (some for sale/loan)



### What NOT to bring please:

1. Drugs/hard alcohol (La Foret policy)

(We will have wine/beer for donation for evenings;  
you may also bring your own **light** alcohol if you wish)

2. NO Candles/Open flames or Smoking of Any Kind  
Inside any buildings, please!

(Designated smoking areas are available)