

# Tarab Retreat Packing List – please label everything!

**You may rent La Foret bedding for your bunk for \$15:**

**includes mattress pad, sheets, blanket, towel and pillow.**

- OR bring your own twin bedding for bunk bed / extra pillows
- OR camping equipment for meadow near Indian Paintbrush
- Toiletries / Towels / Bath Robe / Ear Plugs
- Water bottle AND coffee cup – please label!
- Flashlight or head lamp
- Clothes for three days – layers are great for this altitude!
- Light jacket / hat / gloves / sunhat
- Walking shoes for woods / Dance shoes for indoors
- Musical Instruments: Melody and Percussion!
- Zils (finger cymbals) / Veil
- Dance Class attire / Performance Costumes / Party clothes for open dancing
- Yoga Mat
- **Ponderosa Hall dressing room: HANGERS for your costumes**  
Make up light / Extension cord
- Anything else that makes your cabin room cozy for you and your friends 😊



## What NOT to bring:

- La Foret Policy: **NO Drugs including Cannabis. NO Smoking / Vaping** of any kind inside any buildings.
- NO Hard alcohol, per La Foret policy. We will have wine/beer for donation; you may also bring your own **light** alcohol if you wish.
- NO Candles / Open flames. (historic wood lodge in a ponderosa pine forest)

**Cabins are all gender:** rooms have four bunks, and can be designated single gender, for two couples etc. Please pick your roommates if you know them ahead of time. Just let Meg know!

Indian Paintbrush has the full kitchen, probably later nights -- Columbine will be quieter.

There is also a full size refrigerator in Ponderosa Hall.

Photography at Tarab Retreat: Tarab Retreat may discreetly photograph classes and performances.

**By registering, you agree to allow your image used for Tarab Retreat promotional material.**

Please be respectful of other's personal space and belongings, and bring lost and found to Ponderosa Hall on Sunday. Any person asked to leave due to disruptive behavior will not receive a refund.