

Please bring the following:

Bath towels

Wash clothes

Personal hygiene articles (deodorant, toothpaste, toothbrush, soap, shampoo, etc).

Any medications that you may require over the weekend

Casual, comfortable, weather appropriate clothing

Sweater or jacket for the outside activities.

Pillow

Pillowcase

Sheets/blankets or sleeping bag.

Please leave your cellular phone, watches and any electronics at home.

We look forward to seeing you at the Emmaus Retreat

RETREAT CENTER ADDRESS:

1977 Reliez Valley Road
Lafayette, CA 94549