



IHM Emmaus Retreat Weekend

Dear Friend in Christ,

Please bring the following:

- Casual, comfortable and weather appropriate clothing
- A sweater or jacket for the outside activities.
- Bath towels and wash cloths
- Personal hygiene articles (deodorant, toothpaste, toothbrush, soap, shampoo, etc).
- **If you require any medications over the weekend**, bring those along also.
- Pillow/s and pillowcase.
- Sheets / Blankets or Sleeping bag.
- Flashlight.
- Swim shorts – optional

Please **DO NOT** bring the following:

- Watch
- Phone
- Alarm clock

If for some reason you are not able to meet at IHM to be driven to the retreat center the DIRECTIONS are available at emmauspath.com/retreat-location