

## WHAT TO BRING

This conference will be held rain or shine, so it is important that you dress for the weather. The following is a list of clothing and other recommended items that will allow participants to get the most out of the conference experience by being comfortable and well equipped. Be certain to bring these with you on the day you check into the conference. Please bring old clothing that you do not mind getting dirty. Remember that this is southern Illinois, and temperatures can fluctuate from day to day, so be prepared to learn outdoors whether it is sunny, cloudy, cold, warm, or raining! Use the checklist below for guidance when packing.

<p style="text-align: center;"><b>CLOTHING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Layers: short sleeves/long sleeves, hoodie/jacket, shorts/long pants</li> <li><input type="checkbox"/> Extra Underwear</li> <li><input type="checkbox"/> Sleeping Attire</li> <li><input type="checkbox"/> Yoga/Exercise Attire</li> <li><input type="checkbox"/> Shoes: tennis shoes, hiking boots, rain boots, shower sandals</li> <li><input type="checkbox"/> Extra Socks</li> <li><input type="checkbox"/> Hat (ball cap, bucket hat, etc.)</li> <li><input type="checkbox"/> Bag for wet or dirty clothes</li> </ul>	<p style="text-align: center;"><b>MISCELLANEOUS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Headlamp/Flashlight</li> <li><input type="checkbox"/> Lawn Chair</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Bug Repellant</li> <li><input type="checkbox"/> Water Bottle-Can be refilled onsite</li> <li><input type="checkbox"/> Fan</li> <li><input type="checkbox"/> Pens/Notebook</li> <li><input type="checkbox"/> Extra Snacks/Drinks for your room</li> <li><input type="checkbox"/> Yoga Mat (if participating)</li> <li><input type="checkbox"/> Bike (if interested in using)</li> <li><input type="checkbox"/> Snacks/soft drinks (there are no vending machines)</li> </ul>
<p style="text-align: center;"><b>BATHROOM ACCESSORIES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Towel/Washrag</li> <li><input type="checkbox"/> Soap/Shampoo</li> <li><input type="checkbox"/> Personal Items (toothpaste/toothbrush, deodorant, etc.)</li> </ul>	<p style="text-align: center;"><b>BEDDING</b></p> <p><i>*Depends on the reservation – check with your specific lodging</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping Bag</li> <li><input type="checkbox"/> Twin Sheet/Blanket</li> <li><input type="checkbox"/> Pillow</li> </ul>