

2018 NDPC Retreat at Montreat

Please plan to bring the following:

- * Journal or notebook and colored pencils or markers
 - * Favorite snack and beverage to share with friends
 - * Comfortable clothing & shoes
 - * Water bottle
 - * Yoga mat
 - * Your favorite game (optional; for free time)
 - * If carpooling, gas money contribution for your driver
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- ** Towel & washcloth for personal use
 - ** White noise if you're a light sleeper
 - ** Sleeping bag and pillow or -
 - ** Linens for your bed. If you bring linens this means you change your own bed from house sheets, to yours, and back. We bring sleeping bags or linens so our host families don't have a mountain of laundry upon our departure.
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- *** Linens and towels are provided at Assembly Inn.