

## **ANIMAS EQUIPMENT CHECK LIST FOR RETREAT CENTER PROGRAMS**

### **WHAT TO BRING:**

- Benadryl for anyone with life-compromising allergies (this is in addition to your Epi Pen)
- camp chair – bring your Therma-lounger or other transportable low chair, like a Crazy Creek. We will be sitting on the ground or floor during most of the program. The camp chair will help to keep you most comfortable in council.
- clothing for cold/cool/warm hiking/sitting/sleeping
- coffee / tea mug that is reusable (some retreat centers have only plastic cups for transporting beverages outside)
- curiosity & imagination
- day pack
- drums, rattles, and other small percussion instruments (see below)
- **REQUIRED:** emergency whistle (the very loud, usually orange kind found in army-navy surplus or camping stores)
- flashlight or headlamp
- hiking shoes
- insect repellent if it's bug season– fragrance-free, please.
- personal journal
- lap blanket (optional — for extra warmth while sitting in circle on possibly cool days)
- rain gear
- special or sacred objects that assist you in soul work (see below)
- sunglasses
- sunhat
- sunscreen - fragrance-free, please (for lips, too)
- umbrella (for rain and sun)
- watch (so you will know when it's time to return to group after solo tasks on the land)
- water bottle
- sleeping bag for optional night exercise (Many past participants have reported that they would have made better use of the dark work if they had a sleeping bag to stay warm and fall asleep with outside at night...highly suggested!)

**Rhythm instruments:** Together we will create rhythm to help us ease out of our ordinary modes of being and perceiving, and into the timeless, symbolic presence of the underworld. It will help if you bring with you some rhythm instruments. Most relevant are the percussion instruments: drums, shakers (rattles, gourds, maracas, tambourines, tin cans with pebbles or seeds inside, etc.). Bells, conches, whistles, flutes, recorders, etc., are also welcome if played in a rhythmic manner.

**Sacred Objects:** Like most people, you probably live with (not necessarily "possess") certain small objects that are of special significance to you -- that help you access soul, archetype, mystery, myth, courage, intuition, imagination, love, or truth. These objects might be stones, seeds, jewels, figurines, bones, teeth, claws, photographs, feathers, powders, crystals, carvings, etc. You are encouraged to bring with you any small objects that might help you access important personal or transpersonal qualities and that might aid you during moments of fear or confusion or opportunity. Some people bring pouches or satchels in which to carry these objects. Please note! – It is illegal in the U.S. to possess certain animal parts (feathers of birds of prey or migratory birds, for example). If you are traveling by air, be aware that these items could be confiscated if your personal items are searched. Rocks and sharp objects should be placed in your checked luggage for security purposes.

