Packing List

Northern Minnesota weather in December-March features below freezing, so be prepared to follow the ‘layering’ approach to dressing for the day. It can be colder in the evening than most other states in the months of August-November and March through May as well. We suggest you refer to your favorite weather app and take a look at the 10-day forecast before you start packing. Training activities and the daily schedule only allow for occasional opportunities to return to the residential quarters, so prepare to dress for the day. General attire in this iso-immersion setting is casual and outdoorsy.

The list below is intended to give you an idea of what you might need. Each individual needs to pack to assure their own comfort and sense of preparedness. Participants will have limited access to laundry facilities.

Bring enough of these to last for 13 days:

- _____ long sleeved shirts
- _____ short sleeved shirts
- _____ sweatshirts /sweaters
- _____ pants
- _____ socks
- _____ undergarments

Have these as needed:

- _____ coat
- _____ hat, gloves, boots
- _____ runners
- _____ sandals- for showers
- _____ sleepwear
- _____ slippers
- _____ one nice outfit (not overly formal) for special events (like a formal dinner)
- _____ exercise/workout clothes
- _____ swimwear (for a possible sauna)

Personal supplies:

- _____ shampoo/conditioner
- _____ hair dryer
- _____ brush
- _____ body lotion (it is dry up here!)
- _____ body soap
- _____ toothbrush and toothpaste
- _____ water bottle(s) to keep hydrated
- _____ notebook/pens/pencils

We will provide you with towels, washcloths, sheets, blankets, pillows and pillowcases.

Medications:

During the stay at the village, you will be responsible for managing your health. There will not be opportunities to go to the drug store, etc. Please bring any medications you may need. Basic first aid supplies will be available.

- _____ enough daily medication to last your entire stay
- _____ any over-the-counter medications (for colds, headaches, allergies, etc.) that you feel you may need

Optional:

- _____ cell phone
- _____ laptop/ tablet
- _____ camera
- _____ chargers or extra batteries
- _____ binoculars
- _____ flashlight with extra batteries
- _____ travel alarm clock
- _____ bathrobe
- _____ hiking boots
- _____ a travel iron for clothes

Items we have if you need them:

Earplugs, Target Language Dictionary, etc.