

Catholic Spiritual Mentors In-residence session Packing List:

- a. Comfortable clothes; **layers** suggested to adjust to the cold/hot areas.
- b. **Sweater** for cold areas
- c. Lap blanket if you tend to get cold
- d. Comfortable shoes as there's a lot of walking. You may want to bring a second pair. There will also be free time to be outside!
- e. You will need to bring your own hair dryer, curling iron, clothes iron.
- f. Optional: Bible (or access one through an app, e.g. the **Laudate** app.)
 - We won't be using these directly in sessions but there will be many Bible references.
- g. Optional: *Catechism of the Catholic Church* (or you can access through an app; the **Laudate** app has the CCC, also.)
 - We won't be using these directly in sessions but there will be many Catechism references.
- h. You will receive a 3-ring binder with session materials.
 - **You may want to bring notebook paper or a spiral-bound notebook for your own note taking.**
- i. Optional but recommended: Journal
- j. Pens, pencil, and a highlighter
- k. Rosary
- l. Any snacks you'd like. (There is a full-size refrigerator on each floor for those lodging at Savior.)
 - Let Stephanie know if you're NOT lodging at Savior but need access to a refrigerator.
 - If you are flying in, you can ask your driver to stop at the store along the way to pick anything up.
 - 3 meals are provided daily + substantial amounts of yummy snacks (not *always* nutritious)
- m. Reusable water bottle. There will be coffee and water served each day, but a reusable water bottle will come in handy.
- n. Toiletries and medications
- o. Savior Pastoral Center (SPC) is a peaceful yet aging structure. With any humble retreat space, you may be more comfortable with the following items if you're lodging at Savior:
 - Sheets/pillowcase for the twin beds (Sheets are provided but thin.)
 - A pillow is provided but bring your own if you prefer
 - Towel(s) if you'd prefer
 - Ear plugs or plan to create white noise if you're a light sleeper
 - Optional: Box of tissue for your bedroom