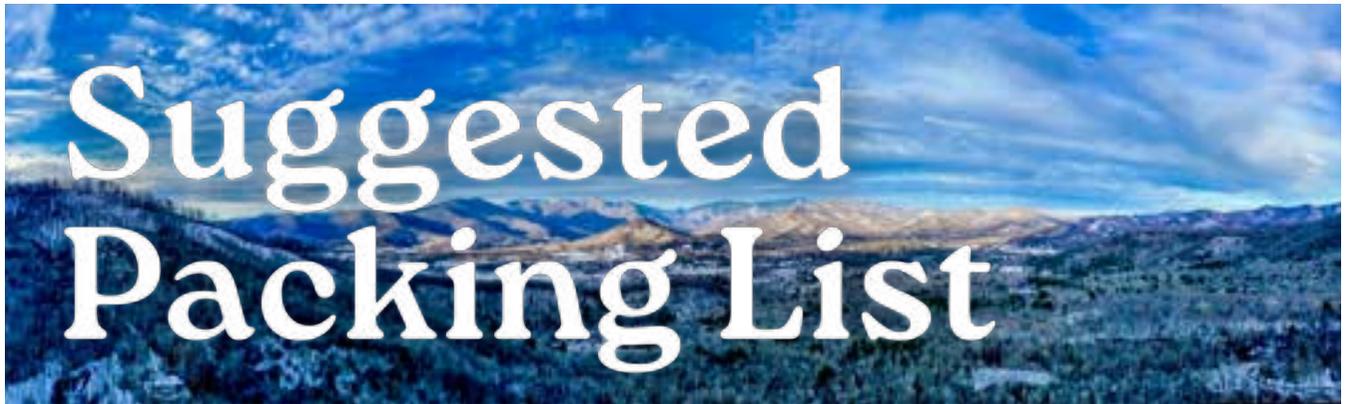




IAR Summer Family Retreat



What to Bring

- Personal Items
- Bug Spray
- Flash Light
- Prayer Rug
- Breakfast Items & Packaged Snacks
- Granola Bars & Trail Mix
- Clothes you can get dirty
- Sun Screen
- Shoes for hiking
- Shoes that can get wet/muddy
- Reusable water bottle
- Hat for sun
- Towels
- Light jacket
- Phone Charger & Battery Bank
- Board Games & Books
- Small Sports Items

