



# Sacred Waters Glamp Camp Checklist



Our Shenandoah Bell Tent (sleeps 3-4 people)

Includes:

1. Sleeping cots or Twin-Size Air Mattress\*
2. Bed linens or sleeping bag & pillow
3. Side Table
4. Bedside Floor Mat
5. Hanging Tent Lantern

\*All items for glamping tents are deep sanitized prior to use. Participants who use these items are responsible for the wear and tear of said items during their stay.

Participants will be held liable for the replacement cost of said items should any damage, tears, punctures, rips, or stains occur.



**Sacred Waters Retreat**

Phone: 615.499.6849 | Email; [sacredwatersretreat@gmail.com](mailto:sacredwatersretreat@gmail.com) | [www.sacredwatersretreat.com](http://www.sacredwatersretreat.com)



# Sacred Waters Glamp Camp Checklist

The weather is generally hot and humid in the day and cools at night. There may be a chance of rain so check the weather prior to heading to the event to ensure you have what you need.

## Suggested

- T-shirts, underwear
- Shorts, pants, socks
- Tennis shoes
- Headwrap, hat, cap
- Sweater, jacket, hoodie
- Scarf, wrap, shawl
- Swimsuit, beach towel
- 2 – 3 Towels, wash cloths

## Mandatory

- 2 ea. all-white outfits (dress or skirt & top for opening & closing ceremonies)
- 1 all-white dress or shorts and top or skirt & top for our sacred sweat lodge ceremony. Please bring something you don't mind getting dirty.

Additional items you may want to bring to make your retreat experience more comfortable.

- Portable phone charger
- Battery operated fan, batteries
- Mask
- Bug spray
- Shower shoes
- Sealable snacks/Freezer bags to protect items
- Hand sanitizer
- Meditation cushion and/or yoga mat
- Camp Chair
- Rainboots
- Small flashlight or headlamp
- Water bottle
- Cloth/paper napkins for personal use

**Sacred Waters Retreat**

Phone: 615.499.6849 | Email; [sacredwatersretreat@gmail.com](mailto:sacredwatersretreat@gmail.com) | [www.sacredwatersretreat.com](http://www.sacredwatersretreat.com)