



Healing Lodge Packing Guide

Please bring clothing suited to the season. Extra items will be sent home.

✔ What to Pack

- 10 sets of clothes: T-shirts, shorts, pants, sweaters/long-sleeved
- 1 swimsuit (for swimming and ceremonies)
- 10 pairs of socks & underwear
- Pajamas for sleeping
- 1 pair of slippers
- 1 jacket
- 2 pairs of shoes (one for running)
- For cold weather: warm coat, gloves, boots (winter hat provided)

Note: Solid red or blue clothing is only allowed if provided by the Healing Lodge.

💡 Provided for You

- Shampoo & conditioner
- Body wash & lotion
- Deodorant & lip balm
- Toothbrush, toothpaste, floss, mouthwash
- Razors & shaving cream
- Nail clippers

⊘ Please Leave These at Home

- Personal hygiene items
- Electronics (phones, tablets, etc.)
- Makeup, perfume, nail polish
- Food, drinks, gum
- Sharp objects, ink pens, glue
- Hats, jewelry, extra piercings
- Blankets, pillows, stuffed animals
- High-value items (expensive clothes/shoes)

✘ Not Allowed at Any Time

- Drugs, alcohol
- Tobacco, vapes, lighters
- Weapons of any kind

Staff may ask to remove other items if unsafe or inappropriate.