

Suggested Packing List

You will need casual clothing for six days of active outdoor summer weather.
Six t-shirts will be given for you to wear daily at Seeds of Hope.

Clothing

- T-shirts (1-2 extra)
no spaghetti straps
- Shorts (3-4 pairs)
must have at least a 6" inseam
- Long pants or jeans (1-2 pairs)
- Sweatshirt/sweatpants (1 set)
- Raincoat or jacket
- Swim suit (one piece or tankini)
modest, no bikinis
- Dress clothes (1 outfit)
modest, for a closing ceremony
- Pajamas & robe
- Underwear
- Socks

Shoes

- Tennis shoes
- Sandals/flip-flops
- Dress shoes

Medications

- Prescriptions
- Over the counter

Personal Hygiene

- Toothbrush & holder
- Toothpaste
- Brush and comb
- Shampoo
- Hair dryer
- Soap and soap container
- Deodorant
- Eyeglasses, contact lenses
and cleaning solution
- Prescription medication
- Lip balm
- Nail clippers or nail file
- On-the-go hand sanitizer
- Feminine products
- Shaving gear
- Sunscreen
- Insect repellent

Optional Items

- Spending money for gift shop at
Solanus Casey Center
- Books or magazines for down time
- Musical instrument