

THE GOODEN CENTER ALUMNI RETREAT



WHAT TO BRING:

- AA Big Book
- flashlight
- hat
- sunscreen, chapstick
- sunglasses
- toothbrush, toothpaste, shampoo
- vitamins/medication
- light jacket
- layered, comfortable clothing (nights & mornings are cool)
- refillable water bottle (there are water stations to refill)
- comfortable, closed toe shoes for walking
- journal or notebook
- folding or camping chair
- extra pillow or blanket
- bathing suit

NOTES:

- if you have a roommate in mind, please set it up with that person in advance. All accommodations are similar and will be assigned at check in.
- if you have any special dietary needs please make us aware by e-mailing VGwinn@goodencenter.org

CELL PHONE SERVICE: Sprint, Cingular & Verizon work well. T-Mobile does not work. ATT is sporadic.