**Cursillo Weekend – What to Bring and What to Leave Home**

\_\_\_ Your pillow

\_\_\_ Bedding (sheets, blanket) or sleeping bag

\_\_\_ Medications enough to last the weekend, and written list of times for taking them

\_\_\_ Allergy medications

\_\_\_ CPAP (if you use one), \_\_\_extension cords, \_\_\_distilled water

\_\_\_ Pajamas

\_\_\_ Glasses, \_\_\_lens cleaning supplies, \_\_\_contact lens supplies

\_\_\_ Toothbrush, \_\_\_toothpaste, \_\_\_floss

\_\_\_ Deodorant, \_\_\_shaving supplies, \_\_\_toiletries, \_\_\_lip balm, etc. (unscented if possible)

\_\_\_ Soap and \_\_\_shampoo

\_\_\_ Towel and washcloth

\_\_\_ Shower shoes

\_\_\_ Brush, \_\_\_comb, \_\_\_hair dryer (as desired)

\_\_\_ Comfortable, casual clothing in a variety of weights for dressing in layers

\_\_\_ Sweater, sweatshirt, or shawl

\_\_\_ Comfortable shoes

\_\_\_ Water resistant jacket (in case of cold and/or rain)

\_\_\_ Flashlight \_\_\_Spare batteries

\_\_\_ Bible

\_\_\_ Favorite ear plugs (if you forget, we’ll have some)

\_\_\_ Comfortable COVID/flu prevention mask that you like, just in case

\_\_\_ Love, patience, forgiveness, openness, compassion, trust, humor, faith

**Please leave at home**

Cell phones. You will not be using your cell phone during the weekend. In case of emergency, the contact numbers are 971-226-2113 and/or 306-907-6290.

Computers, laptops, tablets, iPad, Blackberry, etc.

Valuables (fancy jewelry, cash, purse, wallet)

Pets

Alarm clocks (don’t worry, we will get you up)

Fragrances, perfumes, aftershave, etc. (some people are allergic)

Work

Worry, fear, resentment