



## The LeaderShape Institute Packing Guidelines

While LeaderShape can provide you with packing recommendations, only you know what makes you comfortable. Please plan accordingly!

The weather can be hot and humid during the day (80-85 degrees) but a little cooler at night (65-70 degrees). We suggest that you bring everything on this list, especially the items that are listed as necessary. You will be sharing a room with 1 other participant. The bathrooms are shared with other participants.

### Quantities suggested are for a six to seven day trip.

#### **NECESSARY:**

- 6 pairs of comfortable casual clothes: (shorts, pants, jeans & t-shirts, short sleeve shirts)
- 6 changes of underwear
- 6 pairs of socks
- 1 pair of shoes/sneakers
- 1 casual belt
- 1 extra pair of "grungy" clothes for the Team Challenge Course
- 1 pair of close-toed shoes (sneakers) for the Team Challenge Course
- 1 professional dress outfit: (men: sport jacket & tie, women: dress, skirt/blouse, dress slacks)
- 1 pair of pajamas
- 1 sweatshirt or sweater (it can get cold at night or cold in the air conditioning)
- 1 light jacket
- 1 pair of sunglasses
- 1 week of prescription medication (if needed)
- 1 set of personal toilet articles: (toothbrush/paste, soap, shampoo, hair dryer, comb/brush, etc.)

#### **OPTIONAL:**

- bathrobe & slippers
- camera & film
- compact disc's or mp3 player
- snacks (some are provided)
- nominal spare cash (for personal needs)
- personal journal

#### **PLEASE DO NOT BRING:**

- bed linens
- blankets
- towels
- personal computer
- alcoholic beverages

Cell phone use is permitted, but only during free time. There is limited reception at The Connors Family Retreat and Conference Center so please plan accordingly.

Cigarettes will not be available for purchase. If this affects you please plan accordingly.

**LODGING:** The lodging at The Connors Family Retreat and Conference Center is hotel style. The phone number is 617.552.9210. To obtain more specific information about The Connors Family Retreat and Conference Center visit their website: <http://www.bc.edu/offices/retreat/home.html>

*Questions? Call LeaderShape at 800.988.5323*