

# CHASING GRACE: EMBODIED IN HIS PEACE

## SUGGESTED PACKING LIST

### Expected Weather:

Mid-September in Manns Choice, PA, typically brings mild fall weather with daytime highs in the upper 60s to mid-70s and cooler evenings around the mid-50s. Mornings can be crisp, so layers are key.

### Essentials:

- Comfortable, casual clothes for daytime sessions
- Sweater or light jacket for cooler evenings
- Fun Pajamas for Pajama, Praise & Prayer
- Personal Items
- Toiletries and medications
- Bible, journal, and pen

### Outdoor Activities:

- Closed-toed shoes and long pants for horseback riding (optional activity with additional fee)
- Hiking shoes or sturdy sneakers for walking the property
- Bug spray
- Flashlight or headlamp for the fire pit gathering
- Exercise (yoga) mat for Somatic Sunrise session

### Optional but Helpful:

- Refillable water bottle
- Hat or sunglasses for sunny afternoons
- Cozy Blanket to use during sessions, not needed but sometimes just nice to have.