

CHECKLIST

for the 8th Annual Self Advocacy Leaderships Retreat at Edenvale

THANK YOU for registering for this important and fun event for self advocates . The Edenvale Retreat and Conference Centre offers the following items for your convenience:

3 healthy meals a day plus snacks

Towels, Beds, Sheets, Pillows

Hospitality

Sauna every evening (at Edenvale)

Trails for hikes

Bonfire for Drumming Circles, Sing-a-Longs and Marshmallow Roasts

Stereo and a TV for watching videos only

You will need to bring:

I.D.

Comfortable Clothes/Jackets for outside/Rain Gear

Bathing Suit (if you want to use the Sauna)

Medications (if you take them)

Sleeping Bag (if you want)

Your Smiles and Great Ideas