



Welcome to Summer Seminars for Women! Our program will take place in the Four Seasons dorm and many outdoor camp settings. In July, temperatures can change quickly, so it is best to bring a range of clothing and plan to layer up. We will be on the beach in the evenings, which can be especially cool. All clothing and other personal items should be clearly marked with your name. Please note that you need to bring your own linens, including a sleeping bag, fitted sheet and towel or pay an additional fee. Feel free to call or email with any questions— we are happy to help you prepare.

Temperatures at camp vary from 50°F to 90°F. Rain gear will help keep you dry, and a wool sweater or fleece will keep you warm even in wet conditions. We recommend dressing in layers and having an exterior warm layer and an exterior waterproof layer.

What to Bring:

CLOTHING SUGGESTIONS

- 2 pair of long pants
- 2 pair shorts
- 3 short sleeve shirts
- 2 long sleeve shirts
- 1 pair of underwear for each day
- 1 pair of socks for each day (at least 1 pair socks should be warm)
- Pajamas
- Raingear/ Windbreaker
- 1 warm fleece jacket
- 1 sunblocking hat
- 1 neck scarf
- 1 swimsuit
- 1 bathrobe (optional)

FOOTWEAR

- 1 pair of sneakers/ lightweight hiking boots optional
- 1 pair of sturdy sandals such as Chacos or Tevas
- 1 pair flip flops for the shower

ADDITIONAL ITEMS

Linens for a twin bed or sleeping bag**

Pillow**

Toiletries

Towels and washcloths**

Beach Towel

Laundry bag

Flashlight

Prescription medications

Backpack

1-2 liter water bottle

Sun block

OPTIONAL ITEMS

Journal and pen

Crazy Creek or Folding Sports Chair

Wristwatch

Camera/ chargers

Sunglasses

Books

What Not to Bring:

While at Miniwanca many of your needs will be met by our staff. We ask that items that we provide for you, such as food for meals and snacks, be left at home. Additionally, as a youth organization we have adopted policies to ensure that we are safe and positive community for our campers that fosters an environment suitable to achieving their best selves and living a balanced life. Cell phones do not get much reception at camp and should be kept out of view of participants in the camp program.

We ask that the following items be left at home:

Knives, Matches, Alcohol, Tobacco, Aerosol Cans, Fireworks, and Firearms

****We have discontinued our linen services in an effort to reduce our water and energy consumption. Please bring any pillows, blankets/sleeping bags, sheets or towels you will need for your stay at Miniwanca. If you are flying or unable to bring your own linens, they are available for an additional charge.**

Tips and Tricks for Summer Seminars

Helpful Hints as you Pack and Prepare

1. You will be living in a small dorm room with bunk beds— but don't worry, everyone will get a lower bunk. Pack your pillow and sheets to make yourself as comfortable as possible.
2. Yes, there is electricity in your room, so you will be able to charge your small electronics or alarm clock.
3. Bring a watch. Most of us are using our phones as our time device, but at camp, you will want the ease and simplicity of an old fashioned wrist watch!
4. A small electric fan is a great idea— it can get stuffy in the rooms, so if you are driving and can bring your own fan, you will be happy to have it.
5. There is very little cell phone coverage, so prepare your loved ones to live without you for a few days. The phone number of the Miniwanca camp office is 231-861-2262 if you need an emergency number where you can receive a message.
6. Some of us bring our own favorite coffee mug (or even your own tea pot if you so desire!)
7. A bathrobe is a handy thing to bring along for trips back and forth to the showers, which are in a shared bathroom at the end of the hall.
8. We do have limited refrigerator space at Four Seasons for anything that needs to be refrigerated (medications, special diet foods). But limited is the key word.
9. For evenings on the beach, many people enjoy having a small camping chair— consider bringing something like a “Crazy Creek Chair” or the kind of lightweight folding chair you'd take to a sporting event.
10. If you have a hobby or secret talent, bring along the music or costume you might need to share this with others. We'll have afternoon Interest Group times when you can even lead a class if you'd like to share your talent.
11. A water bottle is a great idea— or you could bring a small thermos for water in your room.
12. Enjoy the opportunity to go “off the grid” and truly disconnect from responsibilities back at home— you'll feel more refreshed and take more from the experience if you let yourself fully immerse in the SSW world. Prepare to make new friends, renew your own focus, and have an incredible experience!