

The Please Don't Forget Me List
Soul*Full Women's Photography Retreat: Oregon Coast
June 6-10th, 2012

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<http://www.journeysofthespirit.com/trips/oregon-photography-workshop/>

We are so delighted that you are joining us for the upcoming excursion! We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory items

- Your sense of adventure and flexibility.
- Money for food and personal items and expenses
- Refillable water bottle and hip pack or daypack suitable for day trips.
- Sturdy, well broken in walking shoes and or sandals
- Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
- Your prescription glasses
- Earplugs – if you have a roommate
- Your camera in any format: digital or film!
- Plenty of your favorite film or extra memory cards. For those of you bringing film - please bring ziplocks or other weather proof container for your film. You will also need extra money for processing and scanning images onto CD.
- If you use a tripod to create your images you can bring it but it's optional.
- Spare batteries for your camera
- Camera Manual if needed - this workshop isn't a technical one but if you have questions about your camera that will help us.
- Samples of your images - limit of 5 images - 4x5, 5x7 or 8x10 in size – or bring them on a CD.
- A favorite photography quote, spiritual quote or saying.

Strongly Recommended items

- A hat or visor is very important for protection from the sun.
- Suntan lotion and bug repellent, if critters are attracted to you!
- Sunglasses
- Comfy clothing in layers. The Oregon coast can be foggy, misty and mysterious one day, and sunny and hot the next. Be prepared for rain. If your physical body is comfortable you will find you are better able to deal with your internal processes.
- Journal for writing
- Poncho for rain
- Tissues and snacks
- Alarm clock to be on time!
- A bathing suit.
- A lightly packed bag!

Recommended Medications

Please consult with your own doctor regarding these suggested medications.

- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Roloids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone creme for itchy critter bites and rashes
- An Epi-pen if you are susceptible to severe allergic attacks.