

Filipino Cursillo Community – Diocese of Oakland
Women's Cursillo Weekend
'Know Jesus, Know the Father''

Things to Bring

1. CLOTHING:

Sleeping clothes
Sweater or coat (it can be cold in the morning and evening)

2. BEDDING:

Provided by St Clare's Retreat Center

3. TOILETRIES (as applicable)

Towels, Comb, Toothbrush, Toothpaste, Soap, Body wash, Shampoo, Conditioner, Deodorant, Q-tips, Mouthwash, bathroom rug.

4. FOOTWEAR:

Rubber shoes, Sneaker or Walking shoes, Sandals, Shower slippers

5. MISCELLANEOUS:

Rosary, Pilgrims guide, Weekend Matrixes (Thursday, Friday, Saturday, Sunday),
Service cross, 3-Day activities and Instructions, Water bottle, Eyeglasses, Sunglasses,

Medicines (properly labelled; just in case additional days), Insulin needs to be refrigerated, Medical cards, Water

CA Driver License or IDs

Flashlight, Battery operated reading lamp/light

Ear plugs, eye covers for sleeping

CPAP machine

Small fan

Food are not allowed in the bedroom / dorm.