

## Retreat Packing List

- Clothes for Saturday and Sunday  
It may be extremely hot or cold- plan for both with layers
- Raincoat
- Tennis Shoes
- Pajamas
- Toiletries
- Washcloths/towels
- Flashlight/headlamp
- Musical instrument- i.e. Guitar- if you like to play you will have some time to do this at free time
- Sleeping Bag or twin size sheets/blankets (it will be cold at night)
- Refillable Water Bottle- helps us cut down on trash!
- Pillow
- Positive Attitude
- **Bible**
- Snack to share with group (ie. A bag of chips, cookies etc...Remember everyone is bringing something you do not need to bring a lot- No Home Made items- sorry) **Also, we have several peanut/nut allergies on the retreat so please avoid these items that contain nuts/peanuts or have been processed in plants with them- this is listed usually on the back of package.** Leaders will collect these upon arrival at the retreat site and we will use these for snack throughout the retreat. (No food is allowed in the cabins-please do not send your teen with food for them to keep in their cabins)
- **Medications- These will be checked in by a leader at check in time and a medication information form will need to be filled out. No medications are to be kept in the cabins unless for life threatening illness/allergy and proximity of the medication is important**

### Things not to bring:

Whining

A negative attitude

**Cell Phones, that's right...no phones!**

Weapons, drugs, alcohol

Ipod's, MP3 players, etc...

Remember you are responsible for everything you bring, if you do not want to risk loosing anything important--do not bring it.

Remember: we are not moving in, you will need to be able to carry your own bags-**PACK LIGHT!!!!!!**