

Clothing		
Check	Quantity	What to Pack
	3-4	Underwear
	4-5	Socks
	3-5	Shirts*
	3-5	Pants
	1	Dark Clothing (for glow in the dark games)
	Optional	Shorts
	3	Sweatshirt/Jacket
	1	Running Shoes
	1	Shower Shoes
	1	Boots/Winter Shoes
	1	Winter Clothes (Coat, Pants, Hat, Gloves)
	1	Modest Sleepwear

Toiletries		
Check	Quantity	What to Pack
	1	Shower Towel
	1	Washcloth
	1	Comb/brush
	1	Toothbrush
	1	Toothpaste
	1	Shampoo
	1	Soap
	1	Deodorant!!
	1	Tissues
	As Needed	Contact Solution
	As Needed	Hairbands
	As Needed	Medications***

Other		
Check	Quantity	What to Pack
	1	Bible
	1	Notebook/Journal
	2	Pen/Pencil
	1	Blankets//Sleeping Bag
	1	Twin Bed Sheets**
	1-2	Pillow
	1	Flashlight
	1	Laundry Bag

*We suggest sending enough t-shirts for your student to change halfway through the day. We will be playing some fun games, where they might get sweaty!

**Students need to bring their own bedding for a twin mattress. They can either bring blankets or a sleeping bag, but we strongly recommend packing a sheet to cover the mattress. Bunks tend to be extra-long in length, so a fitted sheet should be extra-long length (typical for college doors) or use a non-fitted sheet.

***All medications must be turned in to the retreat nurse upon check-in.

Note: This is retreat! Clothes may get dirty. Please pack some pants/shorts and shirts that you don't mind getting dirty.

What NOT to Bring:

All non-approved items will be **confiscated at the discretion of the retreat directors** and will be returned to parents at the end of the weekend.

- Electronics (phones, tablets, laptops, game systems, etc.)
- Cell phones (just for good measure! Parents can contact the retreat directors or your student's leader)
- Revealing clothing
- Weapons, fireworks, drugs, alcohol, illegal substances