

## GENERAL PACKING LIST:

Use this general packing list as a guide keeping the season and current weather conditions in mind when packing for your retreat. Always be prepared for weather changes, rain or windy conditions. Indoor and outdoor activities take place at various times of the day throughout the weekend (weather permitting).

### SLEEPING (bed with twin size mattress provided)

- One pillow
- One sleeping bag (or blanket)

### CLOTHING

- Sweatshirt OR light jacket
- Cold weather jacket (only if rainy/windy conditions)
- Gloves / Mittens (only if rainy/windy conditions)
- Socks and other undergarments
- Walking Shoes/sneakers  
(Sandals, flip flops, etc. not recommended)
- Jeans, sweatpants, etc.
- Shorts/sports tee (for outdoor day time activities)
- Pajamas or sweats for sleeping

### OTHER ITEMS

- One snack item to share – **bring Friday to check in**  
(chips, cookies, pretzels, granola bars, etc.)
- Chap stick/lip balm
- Personal Water Bottle (optional)
- Towel and toiletries (toothbrush, soap, shampoo, etc)
- Small flashlight
- Required Medications (turned in at check in Friday)

### DO NOT BRING:

**Pocket knives**  
**Weapons of any kind**  
**Drugs/Alcohol**  
**Video game devices**  
**Portable Tablets (ipad, etc.)**  
**Laptops**  
**Portable speakers**

If any of these items are brought into the bus, retreat site or church property at any time, appropriate action will be taken which may include a phone call home requesting immediate pick up by a parent for items that are deemed inappropriate, dangerous or illegal.

### Cell Phone policy:

**Cell phones may be brought for emergency use only**, but may not be used throughout the retreat unless authorized. Cell phones can be used as cameras, but cell phones will be confiscated, if used inappropriately or deemed distracting and will be returned at the end of the retreat. Phones should be put away safely and it's recommended that phones be left in the sleeping areas. **If a parent needs to contact their son/daughter during the weekend please text 424-265-8336 and we will get back to you via landline.**