

# Packing List

## Retreat 2019

- \_ Sleeping Bag and or twin sheets & blanket
- \_ Pillow
- \_ Shoes – sneakers & flip flops or water shoes
- \_ Clothing – tops, shorts, pants, etc.
- \_ Bathing Suit (T-shirt must be worn over bikinis)
- \_ Extra pair of clothes that can be thrown away (mud fight/paintball)
- \_ A plastic bag to throw dirty/wet clothes into
- \_ Bath towel & beach towel
- \_ Personal Toiletries (bath soap; shampoo/conditioner; toothbrush; toothpaste; deodorant; contact solution; mouth wash)
- \_ Bible, notebook, & pen
- \_ Bug spray & Sunscreen
- \_ Flashlight
- \_ Water bottle
- \_ Medications (pick up a medication authorization form at the front desk & all prescriptions must be in original bottle)



OPTIONAL: Bring extra spending money for snack lounge \*most items range from \$1-\$3\*