

Participant's Packing List

Basic Gear

- Sleeping Bag
- Toothbrush/Toothpaste
- Comb or Brush
- Soap and Shampoo
- Deodorant
- 2 large Bath Towels
- Pillow and Sheets
- Laundry Bag
- Flashlight
- Alarm Clock
- Bug Repellant
- Sunscreen
- Medication: Complete instructions must be given to camp director

All pieces of equipment and clothing must be marked with the participant's name. **BRING THIS LIST WITH YOU TO THE RETREAT**, and be sure to check this list at the end of the retreat as well as before to prevent lost items!

Clothing

- Socks: at least one pair per day
- Underwear: one pair per day
- Appropriate Bathing Suits
- Pajamas/Sweats
- 2/3 Pair of Long Pants/Jeans/Khakis
- Coat
- Gym Clothes
- Sweaters/ Sweatshirt
- Shoes: At least one pair of Sneakers and Dress Shoes
- Church Clothes:
Male: Dress Shirt and Nice Pants
Female: Dress or Skirt and Blouse

Other Items

- Camera and Film
- Items for the Talent Show
- Notebook and Pen
- Small Bible
- Small Icon
- Small Pillow

Things to leave at Home

- Tobacco Products
- Alcohol and Drugs
- Highly Caffeinated Products/Drugs (like Red Bull or No Dose)
- Food
- TV's, Radios, Cassette or CD/DVD players
- Cell Phones
- Computer Games/Gameboys
- IPODS
- Immodest or Inappropriate Clothing
- Inappropriate Material
- Valuables including jewelry and large amounts of cash
- Bad attitude

Reminder List

(This space is provided so that you can make a list of other articles you don't want to forget.)
