

YOUTH RETREAT PACKING LIST

*Please note valuables should not be brought to the camp. Rooms are shared accommodations and we do not hold or lock up valuables. The Fed and camp are not responsible for the loss of belongings.

NOT SURE WHAT TO BRING? WE SUGGEST...

PERSONAL ITEMS

- Labeled medications in appropriate quantities for the weekend
- Reusable water bottle
- Shampoo and Conditioner
- Soap/body wash
- Toothpaste and Toothbrush
- Hairbrush/comb
- Deodorant
- Towel
- Insect Repellent
- Sunscreen



BEDDING ITEMS

- Sleeping Bag/ Blankets (if you don't have a sleeping bag let us know)
- Pillow



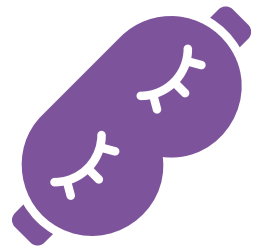
WEATHER APPROPRIATE CLOTHING FOR 2 DAYS

- Pants
- Shirts
- Sweaters/hoodies
- Pajamas
- Jacket/coat
- Socks and undergarments
- Shoes appropriate for the weather



OTHER OPTIONAL ITEMS

- Shower Shoes
- Mittens, Scarf, Hat
- Sunglasses
- Eye Cover (for sleeping)
- Ear Plugs (for sleeping)
- Flashlight
- Instruments, guitar, ukulele, flute, etc.
- Silent fidget toys



IMPORTANT There are youth attending with perfume allergies. Please refrain from wearing or bringing perfume or cologne!