



## What to Bring for Retreats

### Luggage:

- Backpack/day pack
- Duffel bag/suitcase

### Clothing:

- Two sets of comfortable weather appropriate clothes (warm or cool weather)
- Underwear & Socks
- Pajamas
- Sweater/hoodie
- Rain jacket (when needed)
- Pair of long pants

### Footwear:

- Tennis shoes (required for activities, but you can bring other shoes)

### Personal Items:

- Bible
- Journal/Notebook & Pen
- Laundry bag
- Bath towels & washcloths

- Toiletries (soap, shampoo, toothbrush, etc)

### Sleeping:

- Bed sheets (for twin bed) or sleeping bag
- Pillow
- Blanket

### Camp Gear:

- Reusable water bottle
- Flashlight or headlamp
- Insect repellent

### Medication:

- Prescription medications (if applicable). Please follow directions on the medication form.

### Misc:

- Payment (if not already paid)
- Health Release ([Release Forms](#) at bottom of page)
- Waiver ([Activity Waiver](#) at bottom of page)