

Senior High Retreat Packing List

PACKING GUIDE

Please keep in mind that some items are optional or can be substituted, such as hiking boots can be sturdy gym shoes. Use your best judgement while packing.

Bedding

- Sleeping Bag or Sheets/Blanket
- Pillow

Health & Medication

- Medication (Labeled) - Give to your Adult Leader to dispense during your stay
- Health Form - Give to your Adult Leader to have on hand during the retreat

Personal Items

- Towel(s) Bath
- Toiletries (Toothbrush, tooth paste, deodorant, soap, shampoo, lotions)
- Sleepwear/Pajamas
- Jacket &/or Rain Poncho
- Sweatshirts/Sweaters
- Jeans or Long Pants
- Socks
- Long Sleeve Shirts
- Short Sleeve Shirts
- Underwear
- Shower Shoes (Plastic Flip Flops)
- Shoes (Gym Shoes)

Other Items

- Bible, Notebook, Pen/Pencil
- Water Bottle
- Flash Light (Optional)
- Sun Glasses / Hat (Optional)
- Garbage Bag for Dirty Clothes (Optional)
- Money (Optional) - Camp Store Items \$1-\$30
- Table Games (Optional)
- Camera (Optional)
- Insect Repellent - Lotion/Non Aerosol (Optional)

Please Do Not Bring

- Knives/Guns/Weapons/Explosives/Fireworks
- Pets of any kind
- Food/Candy
- Halter Tops or Revealing Clothing
- Illegal Drugs or Alcohol
- Valuables: Electronic Devices Radios/MP3 Players/iPod's/CD players
- Aerosol Products of any kind