

Retreat Packing List

Toiletries

- Toothbrush
- Toothpaste
- Braces bands/retainer
- Glasses/contacts + solution
- Deodorant
- Hair brush / ties
- Shampoo
- Conditioner
- Body soap
- Towels

Clothes

- 1 or more activewear
- hiking, kickball, basketball
- hiking shoes/tennis shoes
- Sandals/ flip flops
- Swimwear (one pieces for girls)
- Regular clothing for 4 days

Sleeping

- Twin sheets + blankets or Sleeping bag
- Pillow

Other

- Flashlights
- Bible
- Water bottle
- Medicine
- Snacks