Packing List for Children’s Retreat

__ A good attitude and an open heart!

**Outerwear**
__ Rain gear or poncho
__ Sweatshirt or light jacket

**Footwear**
__ Tennis shoes
__ Extra pair of shoes
__ Shower shoes

**Comfortable Camp Clothing**
__ Shorts
__ Pants
__ T-shirts
__ Socks
__ Underwear
__ Pajamas

**Sleeping**
__ Sleeping bag
__ Pillow
__ Bed sheets (optional)

**Camping Gear**
__ Flashlight
__ Sunscreen

**Personal Items**
__ Toiletries (soap, shampoo, toothbrush, toothpaste, etc)
__ Bath towel, washcloth, beach towel
__ Bible, pen

**Optional Items**
__ Camera

**Medication**
__ Prescription Medications: Please follow directions on medication form. Do not bring over-the-counter medications.
__ Make sure your leader has your medical form and permission/covenant form

Note: Labeling/initialing clothes is recommended

**DO NOT BRING**

CELL PHONE, RADIO, CD/MP3/DVD PLAYER, TOBACCO, ALCOHOL, DRUGS, FIREWORKS, FIRE ARMS, PETS, VIDEO GAMES, WATER GUNS, SKATE BOARDS, SKATES, UNICYCLES, EXPENSIVE CLOTHES AND SHOES, OR OTHER VALUABLE ITEMS