

Winter Retreat Packing List

Clothes- appropriate for weather, sports, and outdoors

- Sleepwear/Pajamas- should be worn **ONLY inside** the cabin
- Shirts (3 finger rule on tank tops with no large armholes, no strapless, shirts should reach past the waistband when arms are raised above the head, modest neckline)
- Pants/shorts (must be modest length, no short shorts, all must be worn at waist)
- Light jacket or sweater
- Hat/cap
- Socks (pack at least 2 pairs extra)
- Tennis shoes

Toiletries

- Deodorant
- Toothbrush & Toothpaste
- Hairbrush
- Soap/Body wash
- Shampoo/Conditioner
- Feminine Hygiene Products
- 2 Towels
- Insect repellent
- Sunscreen
- Chapstick
- Contact care items/Glasses

Miscellaneous Must-Have Items

- Water Bottle
- Bible, pens/pencils
- Sleeping bag/twin bed bedding
- Pillow
- Laundry Bag/Trash bag for dirty clothes

Optional Items

- Camera
- Board games
- Sports balls
- Frisbee

Do NOT bring- these items are NOT allowed

- Cell Phones
- Expensive Jewelry (including smart watch)
- Electronic Devices (including ear buds)
- Shaving cream (travel size is okay)
- Silly String
- Knives or weapons of any kind or size
- Fireworks
- Alcohol/Tobacco/Drugs/Vaping Devices

MEDICATIONS: Check-in **ALL** medications with the camp nurse.

- Medications should be in the original bottle
- Put all medications in a gallon size ziplock baggie with your name on it.
- Please write all instructions clearly
- This bag will be returned to leaders before departure on Sunday.

NO medications are allowed in the cabins