



Supplies List

Fall Retreat & Winter Retreats

- Sleeping bag & pillow
- Bible & notebook
- Prescribed medications
- Parent-approved over-the-counter medications as needed
- Pen or pencil
- Flashlight with extra batteries
- Reusable water bottle
- Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant)
- Towel
- Warm layers (hoodies, sweaters, long sleeves)
- Coat or winter jacket (seasonal)
- Gloves, hat, and scarf (winter retreat)
- Comfortable closed-toe shoes
- Pajamas
- Optional: blanket, journal, board or card games

Do Not Bring:

- Alcohol, drugs, or tobacco
- Weapons of any kind
- Inappropriate clothing