

# What to Bring for your Retreat

If you bring or wear these things, your retreat will be more comfortable and enjoyable.



## Necessities

- Sleeping Bag or blankets
- Pillow
- Towel
- Soap
- Toothbrush
- Toothpaste
- Jacket or Sweater
- Long Pants and Shorts
- Raincoat or Poncho, if there's rain in the forecast
- Tennis Shoes or Hiking Boots (closed-toed shoes required for activities)
- Hat and Gloves in colder weather
- Water Bottle
- Sack Lunch if your group is not purchasing lunch in the dining hall (double-check with your teacher if you are not sure)

## Recommended

- Camera
- Flashlight
- Extra Shoes and Socks
- Journal
- Plastic Bag for dirty or wet clothes
- Day pack
- Money for Souvenirs

## Do Not Bring

- Candy, Gum, Soda
- Tobacco, Drugs, or Alcoholic Beverages
- Firearms

**Unless severe weather conditions make planned outdoor activities unsafe, we will continue in cold and/or rainy weather. Be prepared for any weather.**