

# PACKING LIST



## WEEK

### WHAT

## to bring

- Bible, notepad and pen
- Toiletries (shampoo, toothbrush, toothpaste, etc.)
- Summer clothing
- Swim Wear (*Remember: modesty is the best policy. If you wouldn't want to see your parent in it, then you probably shouldn't wear.*)\*
- Shoes: Tennis, Bathing and Beach Shoes
- Favorite snacks or drinks (Recommended)
- Flashlight
- Spending money for meals while traveling and for the camp store.
- Watch and/or alarm clock
- Sunscreen
- Water bottle
- Towels: Shower and Beach

**We will have some gender specific leaders who can be contacted with questions about swim wear.\***

### WHAT

## not to bring

- Alcohol, tobacco, e-cigarettes, illegal drugs, fireworks, water guns, or any kind of weapon
- iPads, iPods, gaming systems or other gaming devices.
- Cell phones are permitted, BUT they are not to be out and in use during worship, bible study or group times.
- Items that may be used for pranks such as water balloons, shaving cream, silly string, etc. Pranks are not allowed on the retreat.

### WHAT

## about meds?

Must be in their original pharmacy container along with written instructions. All in a Ziploc plastic bag with the camper's name printed on it. (PLEASE NOTE: If meds are not in the original container we cannot and will not administer them.)

### WHAT

## about luggage?

- Label ALL luggage and items with a luggage tag (name, address, phone).
- One bag with the majority of items packed for the trip
- Small bag or backpack to have while traveling or to take to the beach.