**How to Pack for a Weekend Retreat**

The following is a strong suggestion of how to pack. The key is to 1) not overpack, yet have what you need for almost any occasion and 2) not be too concerned about what you’re wearing. Function over fashion. Chances are good that at least one article of clothing that you bring with you will be ruined over the weekend. Leave your favorites at home.

**What to Bring:**

* A Bible. If you need one, ask a leader before we leave the church and we will provide you with one.
* A journal with a pen/pencil
* Prescription medicine in its original labeled container- please inform the retreat leader before we go!
* A sleeping bag in a stuff sack with a pillow strapped to it
* You may want a bottom twin sheet and/or blankets too
* A flashlight or headlamp
* 1 pair of old shoes that you don’t mind getting ruined
* Appropriate weather clothing (check the forecast) and dress in layers if needed.

1. For cold conditions:
   1. A hoodie
   2. Fleece (outer)
   3. Weather proof jacket (wind, rain, snow, cold, etc.)
   4. Hat- beanie that pulls down over my ears
   5. Long underwear or Under Armor if extreme cold or snow are expected
2. For warm conditions:
   1. Bathing suit
   2. Flip Flops

* 1 pair athletic, gym shorts
* Underwear and socks (extras are a good idea)
* Toiletries
* Towel & wash cloth
* $20 cash (just in case)
* Baseball cap, sun glasses

**What NOT to Bring:**

* Drugs, alcohol, tobacco and other age restricted/illegal substances
* Weapons, including knives
* Cell phones
* Other electronic devices like iPods, video game devices, etc.