

Things to bring on a retreat...

- ✚ Sleeping Bag
- ✚ Pillow
- ✚ Toothbrush
- ✚ Deodorant
- ✚ Towel
- ✚ Soap, toothpaste, floss, etc. (whatever else you need to look beautiful and be sanitary)
- ✚ Bible
- ✚ pen or pencil
- ✚ notebook
- ✚ watch
- ✚ a snack to share with everyone

**First Aid and pain relievers are provided by leaders*

Things not to bring...

- ✚ Music that is not Christian (Mp3's or CD's)--even if you have headphones
- ✚ Knives, lighters or other possible weapons
- ✚ Tobacco or alcohol
- ✚ Any medications not prescribed by a licensed physician
- ✚ Anything intended to harm or embarrass someone