

Weekend Retreat Suggested Overnight Packing

Please label all campers items with his/her initials

- ☐ Sleeping Bag (or twin sheet set + blanket) & Pillow
- ☐ Jacket (for cooler evening activities)
- ☐ Shorts and Swim Suit (*check the temperature*)
- ☐ 1-2 Sweatshirt or Hoodie
- ☐ 2-3 T-Shirts or Long-sleeved Shirts
- ☐ 2-3 Pairs of Pants
- ☐ Sleep wear
- ☐ 2-3 Pair of Underwear
- ☐ 2-3 Pair of Socks
- ☐ Sturdy Sneakers, Flip Flops (for shower)
- ☐ Rain Gear (raincoat or poncho)
- ☐ Towel/Wash Cloth
- ☐ Toiletries: Soap- Shampoo-Deodorant- Toothbrush/Toothpaste- Comb/Brush
- ☐ Reusable Water Bottle
- ☐ Flashlight (optional)

YOU AND YOUR CHILD MAY FIND IT HELPFUL TO PLACE DAILY CLOTHES IN A ZIPLOC BAGS WITH THE DAY WRITTEN ON IT!

Electronic devices (personal DVD, handheld gaming device, iTouch/iPod) may be used during the drive to/from our programs and during designated "down time" throughout the daily schedule under adult supervision.

Campers are not permitted to access the internet during the retreat without permission. Doing so may result in confiscation of device and notification of parents and program director and may negatively impact camper's future participation in our programs.

Personal cell phones are discouraged. All camper cell phones and electronics use will be monitored. Campers may request to call home at any time. Phones will be allowed at designated times with supervision of staff. Camper cell phones may be confiscated if use is abused and/or disruptive to retreat activities (i.e. texting during activities, making calls to other individuals besides parent/guardian). PLEASE DO NOT SEND ANYTHING YOU DON'T WANT LOST!! We are not responsible for any lost items.