

Packing List

CLOTHING

Remember to bring clothes you don't mind getting dirty!

- T-Shirts
- Pants and Sweatpants
- Extra Socks and Underwear

Check the weather before heading up the mountain - it may be a good idea to bring layers or a rain coat!

TOILETRIES/BEDDING

- Towels and Washcloths
- Soap and Shampoo
- Hairbrush
- Toothbrush and Toothpaste
- Deodorant
- Shower Flip Flops
- Pillow and Sleeping Bag or Bedding for a Single Bed

SPECIAL ITEMS

- Bible
- Backpack
- Notebook and Pen
- Water Bottle
- Flashlight or Head Lamp
- Medications (If Needed) - PLEASE LABEL WITH YOUR NAME!

FORMS

- Medical Release Form
 - We do not need Immunization Records/Insurance Cards for 18+
- Waiver, Release, and Indemnification Agreement
- Make note of any food allergies/intolerances on the registration form!

ITEMS NOT ALLOWED

- Video Games
- Pets
- Alcohol or Illegal Drugs
- Fireworks or Firearms
- Knives, Hatchets, or Anything Considered a Weapon
- Food (Gum, Candy, etc.)
- Personal Sports Equipment

While you are welcome to bring your phone or other electronic devices, we ask that you use them sparingly. Limiting screen time allows everyone to be more present, engaged, and connected, and helps create a meaningful retreat experience for all. There will be some free time throughout the weekend that can be spent working on class assignments, etc.