

# PACKING LIST

## WHAT SHOULD EVERYONE BRING?

- Your Authentic Self! ☺☺
- Bedding (pillow, blanket/sheets or sleeping bag)
- Bath towel and washcloth, shower sandals
- Toiletries: toothpaste & brush, hairbrush, soap, shampoo, Mouthwash, deodorant, etc.
- Enough clothing for duration of retreat. It can get cool at night.
- Comfortable shoes (2 pairs recommended because it can get muddy)
- Water Bottle!
- Money for meals during travel
- Meds (if you're on any)

### If Desired...

- Camera (NOT a cell phone)
- Alarm clock (NOT a cell phone or clock radio)
- Flashlight (NOT a phone)
- Love Offering for Sunday Morning
- Snacks to share

## PLEASE DO NOT BRING:

- Cell phones, iPads, smartwatches, video games, and/or any electronic devices that can access the internet
- Video cameras (unless pre-approved by regional coordinator)
- musical Instruments (unless approved ahead of time)
- Knives or firearms
- Recreational Drugs or alcohol
- Skateboards/Rollerblades
- Glass bottles
- Pets

## WHAT SHOULD THE CHAPTER/SPONSOR BRING?

- Medical Release/Liability forms for each individual traveling with you
- An extra set of bedding and towel for youth who may forget to pack them.
- Any items indicated on your Chapter Service Opportunity Form
- Note any youth on prescription or non-prescription medication. All medications must be listed on the Medical Release form, and must be ***in original containers, with youth name printed on it and clearly packaged and labeled with what it is and instructions for dosage.*** All youth medications other than inhalers and epi-pens must be turned in to the sponsor and then the wellness team during onsite registration.