

# PACKING LIST

## WHAT EVERYONE SHOULD BRING:

- Your Authentic Self! 😊
- Bedding (pillow, blanket/sheets &/or sleeping bag – plenty of cushion; air mattress or cot if needed!)
- Bath towel and washcloth, shower sandals (if intending to shower)
- Toiletries: toothpaste & brush, hairbrush, soap, shampoo, Mouthwash, deodorant, etc.
- Enough clothing for duration of retreat – layers are recommended as we'll have both indoor and outdoor time.
- Comfortable shoes (2 pairs recommended because it can get muddy)
- Reusable Water Bottle
- Money for meals during travel
- Medications (if you're on any)

## IF DESIRED (OPTIONAL):

- Camera (NOT a cell phone)
- Alarm clock (NOT a cell phone or clock radio)
- Flashlight (NOT a phone)
- Headphones and analog device (e.g. ipod) (free time and bedtime only)
- Love Offering for Sunday Morning
- Snacks to share

## PLEASE DO NOT BRING:

- Cell phones, iPads/tablets, smartwatches, video games, 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 THE CHAPTER ADULT LEADER(S) SHOULD BRING:**

- Medical Release/Liability forms for each individual traveling with you (Note any youth on prescription or non-prescription medication.)
- An extra set of bedding and towel for youth who may forget to pack them.
- Any items indicated on your Chapter Service Opportunity Form

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.