

# Camping Retreat

## PACKING LIST

***Absolutely no rigid frame or hard shell luggage!***

***You are only permitted to bring ONE soft luggage bag (i.e. duffle or hiking backpack)***

***You may also pack additional belongings into the “school size” backpack.***

***Items marked with an asterisk (\*) do not need to be in your bag, but should be as compact as possible.***

- Brown bag lunch for drive up on Thursday
- \$10-\$15 for dinner/lunch on the way back Sunday

### *Clothing – Includes what you are wearing on Thursday!*

- (2) Pairs of shorts
- (5) T-shirts
- (6) Pair of Underwear
- (6) Pair of Socks
- (1) Pair Hiking Socks
- (1) pair of long pants
- (1) Sweatshirt
- Warm Sleepwear (i.e. T-shirt/mesh shorts)
- Cold Sleepwear (i.e. Sweatshirt/pants)
- (1) Rain jacket
- (1) Bathing Suit
- Hiking Boots or Sturdy Sneakers
- Water shoes/sandals
- Shower flip-flops
- Headwear (i.e. hat or bandana)
- Sunglasses
- Belt

- CURRENT MEDICATIONS!!  
*Must be clearly labeled in it's original pharmacy prescription vial with Patient Name, Medication Name, Dosage & Instructions*

### *“Equipment”*

- (1) Shower Towel
- (1) Beach Towel
- Toiletries
- Flashlight
- Batteries
- Bug Spray
- Sunscreen
- “School Size” Backpack\*
- Compass
- Whistle
- (2) 32oz “Nalgene-Type” Bottles (EMPTY!!!)  
*or*
- “Camelback” Backpack/Bladder (EMPTY!!!)
- Sleeping Bag\*
- Sleeping Mat/Pad (No cots)\*
- Pillow

### *Other Optional Items*

- Personal Journal
- Trusty Pen/Pencil
- Bible
- Book/Magazine
- Camera
- Guitar, Harmonica, Didgeridoo\*
- Fishing Equipment\*
- Collapsible Chair\*
- Your Fun & Adventurous Personality!\*

### ***DO NOT BRING!***

- Drugs, Alcohol, or Cigarettes
- A Pocket Knife
- iPods, MP3/CD/Tape/8Track Players, etc.
- Cell Phones (Except to be given to your Youth Minister to hold onto)
- A Bad Attitude
- Textbooks

***If you do not have something on this list, ask about borrowing whatever it is.***

***Your friends may have extra equipment to borrow. You don't necessarily have to buy what you don't have!***