



# Packing List for Children's Retreat

A good attitude and an open heart!

## **Outerwear**

- Rain gear or poncho
- Sweatshirt or light jacket

## **Footwear**

- Tennis shoes
- Extra pair of shoes
- Shower shoes

## **Comfortable Camp Clothing**

- Shorts
- Pants
- T-shirts
- Socks
- Underwear
- Pajamas

## **Sleeping**

- Sleeping bag
- Pillow
- Bed sheets (optional)

## **Camping Gear**

- Flashlight
- Sunscreen

## **Personal Items**

- Toiletries (soap, shampoo, toothbrush, toothpaste, etc)
- Bath towel, washcloth, beach towel
- Bible, pen

## **Optional Items**

- Camera

## **Medication**

Prescription Medications: Please follow directions on medication form. Do not bring over-the-counter medications.

- Make sure your leader has your medical form and permission/covenant form

Note: Labeling/initialing clothes is recommended

## **DO NOT BRING**

**CELL PHONE, RADIO, CD/MP3/DVD PLAYER, TOBACCO, ALCOHOL, DRUGS, FIREWORKS, FIRE ARMS, PETS, VIDEO GAMES, WATER GUNS, SKATE BOARDS, SKATES, UNICYCLES, EXPENSIVE CLOTHES AND SHOES, OR OTHER VALUABLE ITEMS**