

# What to Bring to the Retreat: (and What not to bring)

- [ ] One Small Suitcase
- [ ] Bible
- [ ] Casual wear, including jeans  
(No bare shoulders or midriffs.  
No offensive messages.)
- [ ] Underclothing
- [ ] Jacket or Sweater
- [ ] Nightwear
- [ ] Tennis Shoes
- [ ] Toothbrush & Toothpaste
- [ ] Water bottle
- [ ] Journal and pen
- [ ] Wash Cloth, Towel & Soap
- [ ] Flashlight
- [ ] Raingear
- [ ] Camera (Optional)

Please note that blankets, linens  
and pillows are provided.

