



## RETREAT PACKING LIST

- Bible, pen/pencil, small notebook
- Reusable water bottle, marked with first and last name
- Sheets and blanket and/or sleeping bag, pillow. **Please put all bedding in plastic garbage bags to protect it from dirt and water (mark with first and last name).**
- Bath towel and beach towel for swimming
- Toiletries: travel-size shampoo, soap, deodorant, toothbrush, and toothpaste
- Sunscreen and mosquito repellent
- Modest shorts and shirts appropriate for the experience (including appropriate words or graphics). Loose athletic shorts and CVCA spirit wear are great options.
- Jeans (without rips/tears), athletic pants, leggings, sweatshirt, and/or jacket for cool evenings or rainy weather, rain poncho if desired
- Girls need a **one-piece suit** and a **cover-up** (shorts and a shirt are fine) to wear when going back and forth to the pool.
- Flip-flops for shower or pool and tennis shoes for all activities
- Flashlight
- Small backpack or cinch sack for keeping belongings together on the bus

## ADDITIONAL INSTRUCTIONS

- **Do not bring** a cell phone or any other electronics.
- In case of emergencies, students will have access to leaders' cell phones.
- Bring money for the snack shop and camp store if desired (single dollar bills are better than \$5s or \$10s.)
- Bring any medications in a labeled ziplock bag to be given to our medical team. Include first & last name, medication type, and instructions.
- Please label as many items as possible. Avoid bringing loose items that might be easily lost.

**In case of an emergency, the Camp Carl phone number is 330-315-5665.**