

SUMMER RETREAT

PACKING LIST

- **Sleeping Bag and a pillow - linens are not provided**
- **Towel & Shower sandals**
- **Toiletries**
 - **Toothbrush & toothpaste**
 - **Shampoo & Body Wash**
 - **Deodorant**
 - **Hair care**
 - **Chapstick**
- **Prescription Medication(must be declared on Permission Form)**
- **Modest Clothes for three full days:**
 - **Warm long pants/jeans/sweats**
 - **Jacket/Sweatshirt**
 - **Shirts & shorts**
 - **Undergarments & Socks**
 - **Pajamas/Sleep Attire**
- **Close-Toed Shoes for Hiking**
- **Flip Flops for the beach**
- **Hat & sunglasses**
- **Beach Towel**
- **Reusable Water bottle**
- **Sun Screen**
- **\$20 for the snack shack (optional)**
- **Goggles to see the fish (optional)**
- **Digital/Disposable Camera (optional)**
- **Swimsuits (Gentlemen: swim trunks, not speedos. Ladies: please bring one piece swimsuits or tankinis. If you don't have one, please bring a tank top to wear over your bikini. ie be modest)**