

Beach Retreat Packing List

Clothing:

- Regular Clothes for current weather
- Sweatshirt/Jacket
- Sleepwear/Pajamas
- Underwear and Socks
- Bathing suit & towel if you want to jump in the ocean.
**Females-Bathing Suits must be a ONE-PIECE or you MUST wear a t-shirt!

Toiletries & Bedding:

- Toothbrush and Toothpaste
- Shampoo/Conditioner
- Soap
- Deodorant!!
- Bath Towel & Washcloth
- Bedding – Sleeping Bag or Twin size sheets & blanket (Adults need FULL size!)
- Pillow and Pillowcase (There is NOTHING on the beds! You MUST bring your own)

Other Items:

- Water Bottle - Everyone MUST bring a water bottle!
- Medications (ALL medications need to be turned in at Check-In)
- Bible, notebook, pen

Optional Items:

- Flashlight
- Favorite stuffed animal
- Snacks (There is no food allowed in the rooms!! And because we are trying to cut down on confusion in the kitchen, and to make sure someone doesn't accidentally take someone's snack, ALL snacks will be added to one collection and given out to everyone. Please bring something you are willing to share. Exceptions will only be made for those with dietary restrictions. Restrictions should be noted at check-in and foods clearly marked.)

Things To Leave AT HOME

Drugs, alcohol, tobacco and VAPES!
Weapons of any kind - Including pocket knives!
Pepper spray, mace and all kinds of tasers/stun guns!
Fireworks
Matches, lighters
Revealing clothing
Pets
Hurtful words

Students found with ANY of theses WILL be sent home, regardless of the situation!