High School Retreat Packing List

* Bible
* Notebook
* Pen
* Games/books for free time
	+ Students are also welcome to bring homework (we’ll make sure there’s a quiet space for students who have homework to do)
* Sweatshirt/jacket
* Long pants/sweatpants
* Pajamas
* Enough clothes/underwear/socks for the weekend
* Sheets according to your room assignment (ask Anna about what size sheets you need)
* Pillow
* Towels
* Bathing suit (optional- the water will be cold and we may not give the option to go in the ocean)
* Soap, shampoo, conditioner
* Toothbrush and toothpaste
* Hairbrush
* Raincoat or umbrella (check the weather forecast as you pack)
* Water bottle (optional)
* Money for dinner on the road on Friday night and lunch on the road on Sunday

A note about medications:

High school students are allowed to keep medications (prescription or over the counter) with them if they have parental permission to do so. If your student has medication with him or her, it will need to be registered with Anna before departure. Our leaders will have first aid kits with them (that have basic over the counter medications) and can help administer medications during a mealtime or at bedtime. All medications must be in their original containers. We encourage students to not bring medicine with them “just in case” as our leaders will be able to provide ibuprofen, acetaminophen, hydrocortisone cream, antihistamines, and antacids if needed. If you have any concerns about this, please let Anna know.

A note about electronics:

We are encouraging students to take this weekend to unplug from their normal routines to be able to encounter God in new ways. That being said, students are allowed to have their phones with them as long as they are put away during our programming time.