Participant's Packing List Basic Gear All pieces of equipment and clothing must be marked with the participant's name. BRING THIS LIST WITH YOU TO THE RETREAT, and be sure to check this Sleeping Bag list at the end of the retreat as Toothbrush/Toothpaste Comb or Brush well as before to prevent lost **Clothing** Soap and Shampoo items! Deodorant Socks: at least one pair per day 2 large Bath Towels Underwear: one pair per day Pillow and Sheets **Other Items** Pajamas/Sweats Laundry Bag Jeans/ Khakis Flashlight Camera and Film Coat, Hat & Gloves Alarm Clock Notebook and Pen Gym Clothes Medication: Complete Small Bible Sweaters/ Sweatshirt instructions must be Small Icon Shoes: At least one pair of Sneakers given to camp director Small Pillow and Dress Shoes Reading Material Church Clothes: Good Attitude Male: Dress Shirt and Nice Pants Female: Dress or Skirt and Blouse Things to leave at Home **Tobacco Products** Alcohol and Drugs TV's, Radios, Cassette or CD/DVD players Cell Phones Computer Games/Gameboys Immodest or Inappropriate Clothing Inappropriate Material Valuables including jewelry and large amounts of cash Bad attitude **Reminder List** (This space is provided so that you can make a list of other articles you don't want to forget.)