

RETREAT PACKING LIST/DO NOT BRING LIST



Use this list as a guide, keeping the seasons and current weather conditions in mind when packing for the retreat. Always be prepared for weather changes, rain or windy conditions. Indoor and outdoor activities take place at various times of the day, however this retreat day is mostly indoors. A sweater is encouraged for air conditioned spaces or cooler weather.

MEDICATIONS:

- All medication **MUST BE** in its original prescription bottle.
- All medication **MUST BE** turned in to a teacher/adult retreat team at Check-In time
 - Please bring any medication in Ziplock Bag with: first name, last name, dosage instructions*
- Only personal inhalers or EpiPen can be kept with the participant.
- All liability/medication forms submitted completed fully and submitted on time

SAFETY GUIDELINES:

- All student are required to bring and wear a mask
- Students should complete a covid test at PMA at the available time prior to the retreat date: AT PMA ON TUESDAY 9 at 7:30AM. Note: Athletes in season test as normal and vaccinated students do not have to test. Please plan accordingly.
- Sanitizer will be provided (Wash hands after use of the restroom, before and after eating and as needed).

CLOTHING:

**Please consider that most of the day will be indoors*

- All PMA dress code guidelines apply
- Jeans (no rips, torn, etc.)
 - If shorts are worn they must be solid color and must adhere to appropriate length/dress code
- Sneakers/Shoes (no sandals, flip flops, crocs, etc.)
- PMA T Shirt/Top/ Polo are all acceptable
- No hats, visors

DO NOT BRING:

- backpacks
- laptops/tablets
- Video Game Devices
- Speakers/Walkie Talkies
- *Drugs/Alcohol
- *Knives/weapons
- *Dangerous/Illegal Items
- food/drinks (provided)
- *Any items not allowed at PMA or deemed inappropriate, illegal or dangerous

NOTE: REMOVAL FROM RETREAT MAY OCCUR IF VIOLATIONS OCCUR

Thank you for helping create and maintain a safe environment for everyone.