

RETREAT PACKING LIST/ DO NOT BRING LIST



Use this general packing 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 when retreats are hosted in mountain/high altitude locations. Indoor and outdoor activities take place at various times of the day throughout the weekend (weather permitting).

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. We must know about them.
- All liability/medication forms submitted completed fully and submitted prior to departure

SLEEPING/OVERNIGHT ITEMS:

Provided: bed with twin size mattress, restroom and shower. Please bring the following items:

- One pillow (*w/ clean pillow cover*)
- One sleeping bag (OR twin size sheet and blanket)
 - Make sure above items are clean/washed*
- Personal hygiene items (towel, toothpaste, toothbrush, soap, shampoo)
- Personal water bottle (Hydro Flask or reusable bottle)

CLOTHING:

**Please only pack enough clothing for a 1 night stay.*

- T-shirt, long sleeve shirt, sweatshirt, hoodie, or jacket (*tank tops are not acceptable*)
- Cold weather jacket (*based on weather and temperature*)
- Socks and other undergarments
- Shoes/Sneakers (*sandals, flip flops, slides: for cabin/shower use only*)
- Jeans, sweatpants, etc. (*yoga/leggings are not acceptable*)
- Shorts (*appropriate length*)
- Pajamas (*for sleeping only*)

DO NOT BRING:

- Laptop/Textbooks
- iPad/Tablet
- Video Game Devices
- Speakers/Walkie Talkies
- *Drugs/Alcohol
- *Tobacco
- *Knives/weapons
- *Dangerous/Illegal Items
- food/beverages
- *All other items not allowed at PMA (Please refer to student handbook)

***NOTE: REMOVAL FROM RETREAT MAY OCCUR IF VIOLATIONS ARE DEEMED DANGEROUS/ILLEGAL**

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