Bridging the Gap Retreat Packing List

Clothing:

- 4-6 shirts
- 3-5 pairs of shorts
- 1-2 pairs of jeans or long pants (needed for low ropes course)
- 4-6 pairs of underwear
- 4-6 pairs of socks
- 1-2 pairs of closed-toed shoes
- 1 pair of flip flops or shower shoes
- Pajamas or nightgown
- 1-2 swimsuits, if you plan to swim
- 1 raincoat or poncho
- 1-2 sweatshirts
- 2-3 pairs workout clothes (for
- outdoor group games)
- Additional gym clothes, if desired

Toiletries:

- Comb and brush,
- Shampoo/conditioner
- Toothbrush and toothpaste
- Soap/body wash
- Deodorant
- Sunscreen
- Bug spray

Linens:

- 2 sheets (top and bottom) for a
- single bed
- 1 pillow and pillowcase
- 1 warm blanket or sleeping bag
- 1-2 towels and washcloths
- Beach towel for kayak/water activities

Miscellaneous:

- Water bottle
- Flashlight and extra batteries
- 1-4 Ziplock bags for wet items
- Laundry bag

Optional:

- Book to read
- Sun visor/hat
- Sunglasses

Prohibited Items–DO NOT BRING:
Gum, pets, graffiti, weapons, pornography, alcohol, cigarettes, e-cigs, Juuls/vaping devices, and drugs of any kind.