Christian Life Retreat Packing Instructions

General Packing Notes and Tips

1. All medications MUST be in their original containers, MUST be prescribed to the student, and will be administered ONLY according to the prescribed directions.
2. Please keep in mind that the retreat is wonderfully full of paint, dirt, water, mud, food, etc. Do not make a special shopping trip that will make your student(s) scared to get their good/new clothes dirty.
3. Pack lightly in one bag. Sleeping bags may be separate. Please label all items. You bring it - you carry it.

The Needs (must bring)

- Bible
- A lightweight sleeping bag or bedding for a twin-sized bed
- Pillow
- Notebook/journal
- Writing utensils
- Reusable water bottle (water stations will be available for refilling)
- Bath towel and washcloth
- Necessary toiletries
    - Soap
    - Shampoo
    - Toothbrush
    - Toothpaste
    - Deodorant
- Clean, modest, and casual clothing are to be worn each day; apparel guidelines are outlined in the CHS Student Handbook (no inappropriate clothing allowed, i.e. spaghetti strap tops, cut-off shirts, spandex shorts, etc.) Acceptable items are:
    - T-shirts
    - Athletic shorts
    - Leggings
    - Sweatpants
- Appropriate clothing/accessories for student's class color and/or theme-party night
    - T-shirts
    - Socks

    - Hats
    - Ribbon
- Hoodie, sweatshirt, or light jacket
- Underwear and socks
- Sleepwear/pajamas
- Closed-toed shoes that are suitable for getting wet/dirty
- Hat
- Insect repellant
- Sunscreen
- Flashlight
- Prescribed medications (see note above)

The Maybes (optional)

- Raincoat or poncho
- Handheld portable fan
- Sunglasses
- Favorite snack/candy

The Nopes (things to leave at home)

- Pets
- Clothes you wouldn't want to get dirty
- Expensive items, sentimental items, jewelry
- Personal electronics (other than a cell phone)
- Money, wallets, purses
- Anything which would result in tremendous unhappiness if it were lost, broken, or got dirty.
- Illegal substances including but not limited to: alcoholic beverages, vapes, and vape products, etc.