

### **Retreat Packing List**

- sleeping bag
- pillow
- comfortable clothes (modest please)
- pair of shoes or slippers you can wear only indoors
- warm sweater or jacket (it will get chilly at night)
- toiletries
- flashlight
- snacks to share
- materials you use in prayer
- musical instrument
- journal & pen
- Bible
- camera

If you desire to do farm work, please bring appropriate work clothes: long pants, boots or close toed shoes, & items you don't mind getting dirty.

### **What not to bring:**

- ✗ bottled water or soda pop,
- ✗ i-pods, laptops, blackberries, cell phones, other electrical devices
- ✗ make-up, hair dryers, curling irons, straighteners, etc.
- ✗ weapons of any kind
- ✗ drugs or alcohol