



Spiritual Retreat Suggested Packing List

BEDDING (Only a bare twin-size mattress is provided)

- Blanket/Sheets/Comforter, or Sleeping Bag (for TWIN size bed)
- Pillows
- Eye mask (if light bothers you)
- Ear plugs or headphones for sleep

MISCELLANEOUS

- Camp Chair for cabin meeting and outside meetings
- Yoga mat/Blanket for meditation or sitting on floor
- Angel cards/Spiritual cards
- Flashlight
- Headphones for music, etc
- Pinecone
- Extension cord/Power strip
- Phone charger
- Basic Text/SPAD/JFT Books
- Water bottle/water
- Snacks

CLOTHING FOR 4 DAYS

- Warm clothing (it can get cold!) or weather-appropriate
- Pajamas for bed and pajamas for the pajama party
- Rain attire (just in case)
- Closed-toed shoes (red ants)

FIRST AID & HYGIENE

- Medication/Prescriptions
- Bandages, Tape, Gauze, Elastic wraps/First Aid Kit
- Aspirin, Ibuprofen, Acetaminophen
- Sunscreen
- Scissors, Tweezers, Nail clippers, Razor
- Bug spray
- Shower shoes
- Toothbrush, Toothpaste, Floss
- Soap/Body wash/deodorant
- Shampoo, Conditioner
- Hair accessories: Hair ties, Comb, Brush
- Towels, Washcloths
- Lysol spray/wipes