

WHAT TO BRING TO THE ALL YOUTH RETREAT

- _____ Lake Williamson Waiver (if needed – see the email sent with your specific retreat info)
- _____ Bible – one that can be written in, not just on a cell phone
- _____ Comfortable clothes
- _____ Comfortable shoes
- _____ Pajamas
- _____ Personal items: (toothpaste, brush, soap, shampoo, contacts, etc.)
- _____ Bath Towel
- _____ Modest Swim Suit (NO bikinis)
- _____ Beach Towel
- _____ Flip flops for beach and/or shower
- _____ Gym clothes and shoes (preferably with non-black soles)
- _____ Sleeping Bag and/or twin sheets
- _____ Pillow
- _____ Prescription Medication in original container in Ziploc
- _____ Sunscreen
- _____ Reusable Water bottle
- _____ Bug spray
- _____ Plastic bag to put wet items in
- _____ Hat for shade (optional)

What not to bring:

Alcohol, tobacco, drugs or anything else illegal

Electronics/expensive belongings

Cell Phone (optional) *If you bring your cell phone, know that if it is being used inappropriately or at inappropriate times, any adult leader can and will take it away for the remainder of the weekend.*

NOTE: We are NOT responsible for items being lost or taken, so don't bring anything you wouldn't want to potentially lose.

If you have any questions please call Jayme Nichols at 314-822-7772 x158