

Spoken LifeTeen Fall Retreat Packing List:

1. Warm clothes for Saturday and Sunday

-It can get chilly in the mountains, so bring lots of layers!

-There will also be two optional hikes, so bring hiking clothes/shoes if desired

2. Appropriate pajamas

3. Bible and a journal (BOTH are needed for the weekend—not optional!)

4. Any desired religious meditation (rosary, spiritual reading, etc.)

5. Toiletries

-Body wash, shampoo, toothbrush, deodorant, etc. ...For the good of all, please don't forget deodorant!!

6. Sleeping bag (or sheets/blanket) and pillow

7. Towel

8. Water bottle (if desired—handy for the hikes especially!)

9. Any medication

-All medications must be turned in to Miriam with specific instructions

10. Snacks and drinks for six people (to be shared)

Please only one bag or suitcase per person (Does not include sleeping bag)