

Retreat Packing List

Things to Bring:

- A Pillow and Sleeping Bag or twin fitted sheets and blanket!**
- Toothbrush, Toothpaste, dental floss, deodorant (not body sprays), breath mints & mouthwash
- Towel, Shampoo, Conditioner, Soap, & flip-flops (if you own them) for Showers
- PJs
- Modest Clothing
 - Pack an extra pair of clothes & socks (so you can play outside and not have to wear sweaty clothes afterwards)
- Sweatshirt
- Clothes for Outside (dependent on weather: jacket, hat, gloves)
- Snack to share (these stay in Kitchen Area and **NOT** the rooms!!)
- Water Bottle

Optional Things to Bring:

- Bible (If you have a small personal one you like to use and mark-up)
- Journal, & pen
- Teddy Bear or Stuffed Animal (To sleep with)
- Rosary (if you have one)
- Things for Free Time (Football, Frisbee, Guitar, etc.)

What NOT to bring:

- iPods, MP3 Players, CD players, etc.**
- Cell Phones**
- Watches
- Video Game Systems
- Immodest clothes
 - Short or Tight Shorts or pants
 - Spaghetti String or Tank Tops
 - A Shirt or Sweatshirt with inappropriate language or logo/graphics
- Illegal Drugs, Alcohol, Weapons, or pornographic material (you can and will be sent home at any hour for bringing these **AND** Local Authorities will be called if it is required! Your participation any Life Teen will also be in jeopardy.

St. Charles Catholic Parish and Camp Whitcomb Mason are NOT responsible for any loss or stolen personal items.

Visit Us Online: www.lakecountrylifeteen.com