

What to Bring to the Mountain Retreat

Clothing

- Hiking Boots/Rugged Shoes
- River Shoes (Old pair closed toe sneakers if rafting)
- Swimsuit
- Comfortable Socks
- Shorts
- T-shirts
- Underwear
- Hat (Highly Recommended)
- Sunglasses (Optional)
- Watch
- **Waterproof Raingear (Jacket or Poncho)**
- Fleece/Warm Jacket at Night
- Clothes for Church on Sunday Morning 10:30 am

Money

- Plan on Eating Before You Arrive, or Bring a Sack Dinner With You (Most will pick something up on the way over to the church.)
- Dinner on the Way Back
- \$10.00-\$20.00 Cash Gas Donation for Volunteer Drivers

Gear

- Bible
- One Item that is Meaningful to You
- Backpack/Bookbag
- Sleeping Bag
- Pillow
- Flashlight
- Water Bottle
- Deodorant
- Toothbrush/Toothpaste
- Towel
- Soap & Shampoo
- Bug Repellent (Find It With DEET)
- Sunscreen
- Camera
- Personal Hygiene Stuff
- Medication
- Personal Identification
- Allergy Information

Do Not Bring in Camp (Allowed in Cars Only With Driver Permission)

- mp3 Players, Electronic Toys, iPods
- Food or Candy (This attracts animals!)
- You may have a phone for safety/emergency purposes, but they will not be allowed for casual use. This includes texting.