What to bring

* **BIBLE** (if you do not own one, the church can provide one for you)
* **an open heart and an open mind to receive the Word**
* **clothes for 4 days, 3 nights**
* **2 extra set of clothes** (games may get messy)
* **tennis shoes and socks** (games are active and would be best not to wear flip flops)
* **shower shoes** (e.g. flip flops)
* **plastic bag for dirty clothes**
* **towel(s)**
* **toiletries** (e.g. toothbrush, toothpaste, shampoo, conditioner, bodywash, etc.)
* **sleeping bag/blankets**
* **pillow**
* **pens or pencils** (optional) - the church will provide some, but some people prefer to use their own; notebooks will also be provided for taking notes)
* **sweater or an extra blanket** (it can get cold at night)
* **flashlight** (optional)
* **watch** (optional) to keep track of time, or set up an individual alarm if you would like to wake up earlier for some reason; but counselors will be there to wake you up in the mornings

What NOT to bring

* **clothes that are too revealing** (short shorts, low cut tops, see through clothes, crop tops) - we dont want to allow any room for distraction or temptation. We want to promote modest clothing.
* **food**
* **drinks**
* **caffeinated anything**
* **phones/laptops/ipads/smart watches or any other electronics are strongly discouraged**
  + You can bring electronics but we will collect them on the first day and bag & label them so you won’t get distracted through the week. We will give them back to you at the end of the camp. Please do not try to sneak them in. If counselors catch you with any electronics there will be consequences so please give them up when you first sign in. We want you guys to receive as much as you can from this retreat. Do not worry about alarms because counselors will wake you up, or you can just bring a watch and use that.