

WHAT TO BRING ON RETREAT



BEDDING (SLEEPING BAG, PILLOW, BLANKETS)



TOILETRIES (INCLUDING DEODORANT)



SHOWER STUFF
(INCLUDING A TOWEL AND SHOWER SHOES)



EXTRA SET OF OLD, WARM CLOTHES FOR
OUTSIDE SPORTS



AT LEAST ONE EXTRA PAIR OF SHOES

WHAT NOT TO BRING



RADIOS, IPODS, MP3 PLAYERS OF ANY KIND



GAMEBOYS, PSP'S, PORTABLE DVD PLAYERS OR
GAMING SYSTEMS OF ANY KIND



CIGARETTES, DRUGS OR ALCOHOL



BAD ATTITUDES