

IMPORTANT INFORMATION

WHAT TO BRING

What to Bring

When packing for the retreat remember these things:

- This list is designed for 3 days.
- You will be carrying your own bags to the cabin.
- You will be outside a lot - expect your clothes to get dirty.
- **You must wear long pants and closed-toe athletic shoes on all activities.**
- **Your things may look like someone else's – put your name on everything!**

BRING: check boxes when finished

- | | |
|--|--|
| <input type="checkbox"/> Sleeping bag OR sheets & blanket | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> 4 pairs socks (wool or synthetics are best) | <input type="checkbox"/> 5 pairs underwear |
| <input type="checkbox"/> Scarf | <input type="checkbox"/> 2-3 long pants |
| <input type="checkbox"/> 1 set of pajamas | <input type="checkbox"/> 2-3 long sleeve shirts |
| <input type="checkbox"/> 3-4 shirts | <input type="checkbox"/> 2 pairs of short pants |
| <input type="checkbox"/> 2 warm sweaters | <input type="checkbox"/> 1 warm coat |
| <input type="checkbox"/> 1 warm hat | <input type="checkbox"/> 1 pair of gloves |
| <input type="checkbox"/> 2 pairs of shoes | <input type="checkbox"/> Small bag for dirty clothes |
| <input type="checkbox"/> Towel, washcloth, and hand towel | <input type="checkbox"/> Soap, shampoo |
| <input type="checkbox"/> Comb/brush | <input type="checkbox"/> Toothpaste, toothbrush |
| <input type="checkbox"/> Duffle bag/suitcase to pack gear in | <input type="checkbox"/> Aspirin/ non-aspirin |
| <input type="checkbox"/> 1 Flashlight with new batteries | <input type="checkbox"/> Personal hygiene materials |
| <input type="checkbox"/> Stationary (writing paper & envelopes) | <input type="checkbox"/> Snacks to share |

OPTIONAL

- Disposable Camera
- Flip-flops (for shower)
- Swim suit (for shower)

DO NOT BRING:

Electronics: games, phones, pagers, radios, etc.
Money, valuables; new clothes, new shoes; candy, food, gum
Knives, weapons of any kind
Alcohol or Drugs of any kind

If you have any questions please call us at: (805) 569-8830

Or E-mail at: staff@emmaus-sb.org

You can also visit our website to find this list and more information: www.emmaus-sb.org