



SUGGESTED PACKING LIST

Bedding and Bath:

**Sleeping bag or
**Sheets/blankets for twin bed
Pillow/pillowcase
Bath towel(s)/washcloth(s)
Beach Towel(s)
Toiletries (soap, shampoo, feminine products including Motrin, Midol, Ibuprofen if needed)

Clothing:

Underwear
Socks
Sleepwear (PJ's)
Jeans/Pants
Shirts (modest-no spaghetti straps)
Sweatpants/sweatshirt
Bathing suit(s) (modest- no belly showing) -
For use in the Hot Tub!
Winter Jacket (It WILL be cold going from building to building)
Sneakers/boots
Pool/shower shoes or flipflops
Warm hat, gloves, scarf etc.
Snow Pants (optional, for potential zipline activity)

Personal items:

***Water bottle – reusable (**required**)
Prescription medications (if any)
Glasses/contact lenses
Flashlight/batteries
Camera (optional)
Goggles/earplugs (optional)
Hand sanitizer
Face Mask
Playing cards/board games/crafts/rainy day activities

Spiritual weapons:

Rosary
Bible (optional)
Notebook/pens

What NOT to bring (see rules):

I-Pods
Video Games
Other electronic devices
Skateboards
Cigarettes
Alcohol
Illegal drugs
Illicit material

Note: Fearless Ministries will not be held responsible for Retreatant belongings.