



# THE MOUNT

## 2022 RETREAT PACKING LIST

### For the cabins...

- Sleeping bag or set of twin sheets
- Pillow
- Toiletries
- Towel (*you will need this for a shower + pool*)
- Flashlight or headlamp
- Snacks
- Personal Medications
- Chargers

### Clothing...

- Comfortable clothing for three days
- Bathing suit
- Jersey or sports shirt (*for theme night*)
- Neon clothes (*for theme night*)
- Tennis shoes, another closed-toed shoe, or a strapped sandal (like Chacos)

### Backpack...

- Pen, Bible, Journal
- A water bottle
- Sunscreen
- Bug spray

\* Please be prepared to keep your **cell phone** in a safe place, either in your backpack, a clothing pocket, or somewhere else where you know it will be secure.