* sleeping bag or set of single size sheets
* a pillow
* a towel
* soap, face wash, shampoo, conditioner, etc.
* Shower shoes if desired- facilities are pretty clean
* deodorant (please)
* toothbrush/paste
* hairbrush (there will be not enough time for blow dryers/ straighteners)
* 2 pairs of comfortable clothes that you can wear outside
* 1 Mass-appropriate outfit (remember you will be wearing your retreat t-shirt to Mass)
* PJs
* tennis shoes
* a swimsuit & beach towel
* Prayer Materials as Desired: Journal, Bible, etc.
* Recommendation: sunscreen
* Recommendation: small fan with name on it (dorms have no AC)
* Snack to share (NOTHING THAT CONTAINS OR HAS BEEN IN CONTACT WITH NUTS)
* Any medicine you need (Please put in a bag and label with your name. Turn bag in to sign in table during drop off)
* Extra sheets, fans, towels if you volunteered to bring them
* CANDLE FOR YOUR PRAYER PARTNER
* LOVE LETTERS OR PAPER TO WRITE THEM
* RETREAT TEAM BINDERS
* YOUR PT
* Any props you need for your ACTS Presentations
* Any costumes you need for your Service Presentations (Make sure you know where your costume is coming from- if you are responsible for it or if it will be provided. If you don’t know, contact Katie.)

Things NOT to bring

* The obvious: drugs, alcohol, weapons
* Ipods, watches, or phones (adults can have a watch or phone on retreat)

Please note:

*Modest dress is important on retreat- girls are asked either not to wear bikinis or to wear a tank top over them when swimming. We do not allow see-through shirts, belly shirts, spaghetti strapped shirts with bras showing, or “booty shorts” (obviously this is subjective, so please stay clear of anything that may be controversial!) Thank you for your cooperation.*