

What to Bring to Family Retreat:

- ✓ Casual, comfortable, modest clothing. Uncertain if something is appropriate? Don't bring it.
- ✓ Hat, visor and/or sunglasses
- ✓ Jacket for evenings, and other "warmer" clothing (the temperatures will tend to be cooler since we are by the Lake)
- ✓ Western attire for Tuesday night
- ✓ "Space" Costume (see details in the schedule overview)
- ✓ A wrist watch (no cell phones allowed during morning and evening programming)
- ✓ Modest bathing suit (full coverage, please!), sunscreen and beach towel (beach toys, water shoes and bathing suit cover-up if desired)
- Flashlight
- ✓ Toiletries and hair dryers (please note that the facility does not provide trial size toiletries or hair dryers)
- ✓ Any prescription or over-the-counter medication needed
- ✓ Any special medical equipment needed
- ✓ Bible, notebook and pen
- ✓ Balance due and extra \$\$ for extra night and meals if applicable
- ✓ If desired – Money for the retreat photo, retreat DVD, retreat photo CD, bookstore items, snack shop, etc.

****Depending on where you are housed, you may need to bring towels and linens. You will be notified in advance if this applies to you.**

Please Do Not Bring:

- ✓ Fragrances (due to others' allergies)
- ✓ Secular Music
- ✓ Food containing peanuts
- ✓ Alcohol, illegal drugs, or weapons of any kind
- ✓ Clothing with inappropriate messages or images