



## 30 Hour Famine Retreat Packing List

### WHAT TO BRING!

Bible

A Flashlight

Sleeping Bag or Sheets

Pillow

Towel

Warm clothing to play outside

Clothes that can get muddy outside (if you want to play football or go hiking)

Toiletries

Extra Shoes and Socks

Comfortable clothes for indoor worship and activities

Personal Items

Signed Health Form

An attitude expecting transformation!

### WHAT NOT TO BRING!

Electronic stuff: ipods, cell phones, etc.

Snacks