



Middle School Retreat Packing List  
November 6-8, 2009

**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)

Clothes and shoes that can get REALLY muddy in the event of a game of SWAMPBALL

Trash bag for Swampball clothing

Toiletries

Extra Shoes and Socks

Comfortable clothes for indoor worship and workshops

Bathing suit and towel (for evening at the ARC)

Court shoes and clothes for basketball/rock climbing/etc. (for evening at the ARC)

Personal Items

Signed Health Form

**WHAT NOT TO BRING!**

Electronic stuff: ipods, cell phones, etc.

Snacks