



## RETREAT PACKING LIST

The following are the basic suggested items. Please ensure you have everything you need, while also remembering to pack light.

### PERSONAL CARE: (Note: each room has a bathroom including a tub/shower)

- Shampoo/Conditioner
- Body Wash/Wash Cloths
- Deodorant
- Medications
- Towel
- Tooth brush/tooth paste
- Hair brush, blow dryer, etc

### BEDDING: (Note: each room has bare mattress bunk beds)

- Pillow and either a sleeping bag or a duvet & sheets. \* All bedding should be bagged securely and labelled with your name

### CLOTHING: (Note: Pack for the weather - check West Kelowna forecast online)

- Clothing (it will get cold at night, have warm clothing regardless of forecast)
- Shoes for running games
- Jacket
- All black outfit for night games

### MISCELLANEOUS:

- Bible
- Notebook & pen
- Flashlight
- Snacks for bus
- Money for stops in Merritt (optional)

\* *Disclaimer/Warning:* While we cannot stop you from bringing your valuables, please note that we cannot guarantee their security/safety at any point during the trip. Any phones/electronic devices that become a distraction will be confiscated by leaders.

PRANKS: As always, pranks are welcome! Just remember our rules: No air horns at any time, no loud pranks past 10:00pm. Get leaders to escort you into other rooms, there must always be a leader present who is the same gender as the targeted group. Respect other people's things and if you execute a prank YOU must clean up after it.