

MK Retreat 2026 Packing List

We are excited to spend the weekend with you! Please label your belongings and pack for an active weekend outdoors.

Essentials

- Bible & journal
- Twin-size bedding (sleeping bag or sheets/blanket) and pillow
- Towel & washcloth
- Refillable water bottle
- Flashlight

Clothing

- Comfortable clothes for 3 days
- Pajamas
- Jacket or hoodie
- Rain jacket (recommended)
- Sneakers
- Boots or shoes for outdoor activities
- Modest athletic clothing
- Extra socks and underwear

Toiletries

- Toothbrush & toothpaste
- Floss
- Soap or body wash
- Shampoo & conditioner
- Deodorant
- Hairbrush/comb
- Any personal hygiene items

Medications

- All medications should be brought to Retreat in a ziplock bag with your name on it. All medications must be in their original container with instructions on dosage. Medications will be kept in a lock box with our staff and will be self-administered by the student under the supervision of our staff.

Optional

- Favorite snacks (nut-aware if applicable)

Please Leave These at Home

- Weapons of any kind
- Alcohol, tobacco, nicotine products, vaping devices, or illegal substances
- Fireworks
- Inappropriate clothing
- Anything valuable that cannot be replaced