

# PK RETREAT PACKING LIST

## PACKING LIST:

- Bedding (Twin fitted sheet, sheets, pillow, blanket)
- Pajamas and slippers
- Clothes for three days (layers)
- Spending money for snacks at the Greenhouse
- Warm clothing (jacket, hoodie, sweatshirt, etc.)
- Bible and notebook
- Sneakers
- Refillable water bottle
- Cozy blanket for our bonfire

## TOILETRIES:

- Deodorant
- Toothbrush, toothpaste, floss
- Soap
- Shampoo/Conditioner
- Body Wash
- Hairbrush
- Face Wash
- Hand Sanitizer
- Hair Ties
- Feminine Products

## MEDICATIONS:

Please remember to bring all your prescriptions to Retreat.

Put your medication in a Ziploc bag with your name on it. When you arrive at camp, you will need to give your Ziplock bag to the nurse. They will store and administrate your medication as prescribed.

Please do not pack non-prescription medication (such as Tylenol or Advil).

There will be a nurse available 24/7 should you feel unwell at any time.