



MZBC STUDENTS

DEPARTURE FROM MZBC

Friday, March 15 | arrive by 4pm

ARRIVAL BACK TO MZBC

Tuesday, March 19 | around 4pm

CONTACT INFO

- Laguna Beach Christian Retreat Center
20016 Front Beach Road, Panama City, FL 32413
- In case of emergency, the office number is (850) 234-2502
- JJ Yount | 769-798-4378
- Britton Latham | 205-454-5721
- If we do not answer immediately, please leave a message.
Messages will be checked often and calls returned as soon as possible.

WHAT TO BRING

- Sleeping bag or sheets/blankets for a single bed
- Pillow and towel
- Bible and pen
- Toiletries
- Casual clothes
- Jacket and warm clothes for cool nights

DRESS CODE

- Modest casual clothing. We will be engaged in a variety of active situations including a good bit of walking.
- Special clothing for worship is not necessary.
- Girls, if you plan to swim, please bring a modest one-piece or tankini.

Please do not pack anything that:

- Advertises alcohol, tobacco, illegal drugs, explicitly or implicitly promotes racism, sexism, or hatred of any group or person, or explicitly or implicitly refers to sexual actions or situation
- Has spaghetti straps, except for sleepwear
- Is excessively short or tight fitting

FORMS NEEDED [available at mzbc.net/students]

- 2018-2019 MZBC Medical Release
- Copy of your insurance card

WHAT NOT TO BRING

- alcohol
- tobacco
- illegal drugs
- fireworks
- water guns
- any kind of weapon

MONEY

Students will need money for two meals en route. There is a snack bar that will be open each day.

MEDICATION

Include a signed note from a parent with any prescription medication sent on trip.

