



ADVENTUROUS
Christians

Retreat Packing List

Items TO Bring:

- Sleeping bag
- Pillow
- Personal Clothing
- Toiletries
- Sauna supplies:
 - Swimsuit (girls must have one-piece, tankini okay)
 - Towel, toiletries, flip flops or wool socks recommended (to walk down dock)
- Adequate clothing for time outdoors. Layers suggested.
 - *Fall*: Raingear, rainboots, hat, gloves etc.
 - *Winter*: Snow jacket, pants, snow boots, hat, gloves, etc.
- Slippers for the lodge (we leave our boots/shoes downstairs)
- Flashlight/Headlamp
- Water bottle, sunscreen for day trips
- Bible, books you want to read, journal
- Musical instrument
- Emergency Contact Information for Youth/Children under 18 not with parents
- Prescription medications
- Fishing equipment and license (optional/seasonal)

Canoe Day Trips:

- There are no US Forest Service permit fees for day trips into the BWCAW.
- We have a “Wet-Foot Policy” when using AC canoes. Please bring a pair of shoes that can get wet (sturdy, closed toed, ex. old tennis shoes). *Not allowed*: Crocs, aqua socks, open toed or open heeled.

Attention Skiers:

- Cross country skiing is an integral part to AC’s program. We have equipment for use at no extra charge. However, there is a charge for use on the trails outside of our Bow Lake loop.
 - Gunflint Central Ski Trail System: \$18.00/day, \$12/half-day
 - Banadad Trail: MN State Ski Pass required

Don’t Bring:

- iPods, MP3 players, radios, laptops, tablets, iPads, computer hand games, computers, drones, and cell phones (they do not work at camp)
- Pets
- Firearms or weapons
- Alcohol or tobacco

Special snacks are o.k. if you are willing to share them with the whole group. Regardless, there will be plenty of food during your stay! Note: we are NOT a peanut/gluten-free facility. If you have dietary or allergies restrictions, you are welcome to bring your own meals to accommodate your needs.