



# THE SUMMIT

## ALAMEDA YOUTH

***What should I pack for retreat?*** Maybe we can help you think through this...

- ⇒ Positive, fun & encouraging attitude!
- ⇒ Sleeping bag *or* sheets, blanket
- ⇒ Pillow
- ⇒ Laundry bag
- ⇒ Towel & shower flip-flops
- ⇒ Daily Toiletries (especially deodorant!)
  - Toothbrush & toothpaste
  - Deodorant
  - Brush & hair products
  - Soap & shampoo
  - Other personal needs
- ⇒ Daily supply of underwear & socks
- ⇒ *Extra supply of* underwear & socks
- ⇒ Daily clothing (consider weather)
- ⇒ Light Jacket and/or sweatshirt
- ⇒ At least one pair of jeans
- ⇒ Sneakers/hiking shoes
- ⇒ Your favorite bible
- ⇒ Pen/pencil & notebook
- ⇒ Flashlight
- ⇒ Hat
- ⇒ Needed medications (add a special note from parents with instructions)
- ⇒ Sunscreen
- ⇒ Bug repellent
- ⇒ Swimsuit & a t-shirt for over-top (males & females)

***Please DO NOT bring...***

- ⇒ Anything that will distract you from being engaged with fellow retreaters and with what is going on.
- ⇒ Electronic devices (video games, iPods, etc.) should stay home.
- ⇒ Fireworks or any weapons.
- ⇒ Anything illegal or would be considered illegal if you were to use them.
- ⇒ Bad attitude