

YOUTH RETREAT GEAR LIST:

WARM WINTER COAT SWEATSHIRT OR LIGHT JACKET

SLEEPING BAG or SHEETS/BLANKETS for camp bunk

PILLOW

FLASHLIGHT

SLEEP CLOTHES

TOWEL AND WASHCLOTH

HYGIENE ITEMS (toothbrush, toothpaste, deodorant, soap etc.)

CLOSED TOE SHOES

CHANGES OF CLOTHING

SHOWER SHOES (Optional)

WATERPROOF BOOTS (Optional)

SNACKS FOR THE SNACK TABLE* (see formula below)

YOUR BIBLE

NO Electronics:

Please leave your ipods, cell phones etc. at home. This is a time to connect with other youth face to face without other distractions of the world pulling at you.

Remember: All medicines should be reported to the leadership team when you register.

FOOD!!!!:

*We hope to have well rounded snack table offerings! Please follow the following formula: If your last name begins with _____ please bring _____ to share.

A-F Healthy snacks (fruit, raw vegi's etc.)

G-M Sweet snacks (brownies, cookies, candy etc.)

N-S Crunchy snacks (chips, fritos, Dorito's etc.)

T-Z Drinks--jugs of water, juice, sodas

Thanks,

Your Excited Youth Planning Team

Camp Occohannock on the Bay