



# Coastal Virginia

# District Youth Retreat

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- Sleeping Bag or Twin Sheets/Extra Blanket
- Pillow
- Toiletries (Soap, Toothbrush, Deodorant, etc.)
- Bath Towel x 2
- Sweatshirt
- Long Pants
- Long Sleeve Shirt
- Shorts
- T-Shirt
- Underwear/Socks x 2
- Pajamas / Sleepwear
- Closed-Toe running shoes
- Shower shoes
- Bible
- Water Bottle
- Notebook / Pen
- Small Flashlight
- Bug Repellent
- Large Plastic Bag for wet clothing
- Balance of your Registration Money
- Health/Permission Forms
- All Medications (In the original box/ container)

Note: Electronics will not be used during the weekend experience. Please do not bring them along. If they are brought we have a special box to hold them till the end of the weekend.

