

# Packing List for Teen Sib Leadership Retreat

**Pack enough clothes for each day and a few extras in case of wet items. Bring enough hygiene products to last the week.**

- Bed linens for twin bed or sleeping bag
- Pillow
- Beach/Bath Towel
- Plastic bag (for wet clothes)
- Laundry bag
- Shirts
- Shorts
- Sweatshirt
- Warm Pants/Jeans
- Sleep Clothes
- Underwear
- Socks (recommend having extra)
- Tennies
- Sandals
- Swimsuit
- Rain gear
- White shirt (for tie dye)
- Sunscreen
- Bug spray
- Personal Hygiene Items (shampoo, bodywash, deoderant, etc)
- Personal medications (In original container, will be secured and distributed by retreat supervisor)
- Sunglasses/Hat
- Refillable water bottle
- Flashlight
- Snacks (if desired, please limit the amount and avoid messy items, NO soft drinks)

# Contraband/Items NOT Permitted

- NO knives, matches, lighters, firecrackers, etc. Dangerous items will be confiscated and returned to parents.
- NO alcohol or tobacco products. If found these will be confiscated and parents will be contacted to pick child up, zero tolerance.
- NO drug or alcohol paraphernalia. Items will be confiscated and returned to parents.
- Electronics like video games, movie devices, ipods, tablets, radios.
- Cell phones will be permitted, but there is a limited use policy—More information on the attached Rules and Expectations document.