



Group & Retreat Packing List

What to bring / NOT to bring

Be prepared to be outside and get dirty!

- Comfortable and weather appropriate clothing
- Long shorts or pants, preferably denim or khaki (for comfort in wearing a seat harness on the high ropes course)
- Tennis shoes or outdoor shoes. **NO SANDALS** on the high ropes course!
- Camera
- No dangling or excessive jewelry (safety hazard)
- Smoking and alcohol consumption are **PROHIBITED** during the challenge program.
- **NO PETS ALLOWED**

Additional packing items for those who stay overnight:

(Please note: the activities you will be participating in are outdoors and you might get dirty ... pack accordingly)

- Warm / cool weather clothes
- Extra pair of shoes
- Flashlight
- Towel and washcloth
- Jacket
- Toiletry items (toothbrush, shampoo, etc.)
- Bedding (twin sheets with blanket and pillow or sleeping bag)
- Swimsuit for outdoor pool (if swimming is involved in the program)
- Money for the Camp Store. (T-shirt, drinks, food and souvenirs)