

## **PACKING LIST FOR THE SUMMER PRO LIFE LEADERSHIP RETREAT**

### ***You should plan to bring the following items:***

- Sunscreen, SPF 15 or higher
- Sunhat or baseball cap
- T-shirts and shorts
- Lightweight sweater
- Clothing for Sunday Mass, if you will attend
- Good walking shoes
- Cotton socks, lightweight and breathable (3-4 pr.)
- Undergarments (3-4 pr.)
- Pajamas (note: boxer shorts may not be worn as pajamas)
- Water bottle
- Slippers and/or flip-flops
- Shampoo, toothbrush, toothpaste, soap, deodorant, contact lens supplies, etc.
- Bedsheet and pillow, pillowcase, lightweight blanket or sleeping bag
- A Bible
- Several pencils and a one-subject notebook.
- Over-the-counter and prescription medications you will need to take with dosage and instructions; [enclose in Ziploc bag. All items must be labeled with your name.]
- A moderate amount of spending money & change (no more than \$15.00)
- Hairdryer (if needed)
- A small fan (optional)
- Cell phone (optional: may be used only to call parents and during specific times designated by camp staff)

### ***Please leave the following items at home:***

- iPods
- Boom boxes, portable TV's, portable stereos
- CD Players and CD's, DVD's
- Laptops/desktop computers