



Lighthouse

FAMILY RETREAT

NC/GA Weekend Retreat Packing List

CLOTHING: Casual and comfortable. Please remember to wear clothes that are modest and appropriate for mixed company.

PERSONAL ATTIRE:

- Shorts/pants
- T-shirts (short and long sleeved-good for layering)
- Jackets/ sweatshirts (evenings can be chilly)
- Rain Jacket
- Beanie
- Comfortable shoes (tennis shoes, hiking boots, etc.)
- Hats
- Neon Night attire (optional) bright colored clothing, glowsticks, etc.
- Closed toed shoes (this is required for some retreat activities)

TOILETRIES:

- Prescription/ over the counter medications (including epi-pens, inhalers, etc)
- Shampoo/conditioner
- Body/facewash
- Glasses/contacts
- Toothbrush/paste/mouthwash
- Deodorant

- Brush
- Hand sanitizer
- Hair dryer
- **Bath Towels/Wash Cloths**

FOOD/SNACKS: Please note that these snacks need to be non-perishable.

- Protein and or granola bars
- Beef jerky
- Fruit
- Gatorade, bottled water
- Nuts

OTHER:

- Bible/journal/pen
- Reusable water bottle (there will be refill stations on site)
- Flashlight/headlamp
- Phone charger
- Sound machine
- Pillow/blanket (if desired)
- **Twin mattress bedding for each person**
- Sunglasses
- Sunscreen
- Backpack for hiking

REMEMBER: This is a recommended packing list from LFR. Feel free to add to or take away from as it fits for you and/or your family!

*Please do NOT bring the following items on retreat: firearms, alcohol, drugs, pets.

*All volunteer housing is bunk style housing.