

Congregation Beth Am
Youth Retreat

Retreat Packing List

*Days are usually warm. Nights can be very chilly.
Bring plenty of warm clothes and plan to dress in layers!!
Make sure your name is on everything!
****Bed linen and towels are NOT provided!*****

What to bring to camp:

- ❑ Sleeping bag or bed linens and pillow
- ❑ Flashlight
- ❑ Personal toiletries: toothbrush, toothpaste, soap, shampoo, sunscreen, brush, comb, etc.
- ❑ Towel
- ❑ Pajamas
- ❑ Shoes that can go into wet areas-for the shower (flip-flops, Keens, Crocs, etc) are highly recommended.
- ❑ Shoes-wear closed-toe shoes. Hiking boots, running shoes or sneakers. No sandals!! Bring an extra pair of shoes in case your shoes get wet.
- ❑ Clean underwear
- ❑ Warm socks-3 pairs
- ❑ Sweatshirt
- ❑ Jeans, T-Shirts
- ❑ Warm jacket and hat (maybe gloves too!)
- ❑ Rain gear-just in case...
- ❑ All prescription medication for the weekend-**must be given to staff at check-in, no exceptions!**

Do not bring:

- ❑ Any electronic devices-iPods, GameBoys, etc.
- ❑ Food items- There will be plenty of food served at meals and snacks. There is NO food allowed in the sleeping cabins.
- ❑ Money-Why?
- ❑ Other valuables-This is camp not the mall.