

# MEN'S RETREAT PACKING LIST

## SLEEPING ITEMS

- ☐ **Pillow**
- ☐ **Sheets** (if not in motel room - twin size bed)
- ☐ **Blanket/sleeping bag**
- ☐ **Towel(s)** (if not in motel room)
- ☐ **Breathe Right Strips** (you know who you are 😊)
- ☐ **White noisemaker or small fan**

## CLOTHING/PERSONAL ITEMS

- ☐ **Comfortable Clothes**
- ☐ **Sweatshirt/Jacket**
- ☐ **Sports Clothes**
- ☐ **Closed-toe shoes with a covered** (if doing axe throwing or ropes course)
- ☐ **Meds**
- ☐ **Eye Cover** 😊
- ☐ **Ear Plugs** 😊
- ☐ **Toiletries**

## THE little/BIG THINGS

- ☐ **Bible**
- ☐ **Journal**
- ☐ **Pen or Pencil**
- ☐ **Coffee Tumbler**
- ☐ **Flashlight**
- ☐ **Umbrella**
- ☐ **Bug Repellent**
- ☐ **Sunscreen**

## FREE TIME THINGS

- ☐ **Game Night Fun** (if you are into any specific games or cards...Settlers???)
- ☐ **Throw Blanket/Lawn Chair** (if you are participating in the Friday Bonfire and prefer sitting)
- ☐ **Hammock**
- ☐ **Sports Gear** (frisbee, football, etc.)

## AND DON'T FORGET...

- ☐ **Bedding & Towels** – seriously don't forget this! It is **NOT** provided if you are **not** in a motel!



MEN'S RETREAT 2023