#### **What should I pack?**

#### What to Bring List

#### Sleeping bag or sheets and blanket

* A twin sheet to cover the mattress

#### Pillow

#### Jammies

#### Towel

#### Toiletries (soap, shampoo, toothbrush, paste, personal care items)

#### Comfortable shoes

* Clothing for the three days (Jeans, sweaters, sweatshirts, etc.)

#### Flashlight

#### Bible, prayer book

#### Rosary

#### Water bottle

#### Bug Spray (Spring, Summer and Fall retreats)

* Sun Block

Optional Items

#### Basketballs and footballs for use during free time

#### Your favorite board games or cards for free time

#### Cell Phone - You may bring your cell phone but please keep them turned off unless it is free time or meal times.