

**Office of Youth Ministries
Episcopal Diocese of Massachusetts
Retreat Checklist**

What to BRING:

- Sleeping Bag
- Pillow
- Towel
- Toiletries
- Water Bottle
- Clearly labeled medications (which will be given to chaperones to dispense)
- WARM CLOTHES
- Jacket, hat, gloves, scarf (depending on forecast—be prepared for the cold!)
- Weather-proof shoes (depending on forecast)
- Flashlight
- Homework or reading (for our ‘siesta’ and homework time!)
- Filled out registration Forms!
- An open heart and a sense of humor!

What NOT to bring:

- ⌚ Your phones, ipods, video games, smartphones, etc (We will ask you to turn them off and put them away if you bring them!)
- ⌚ Any medication which is NOT yours, and for which you do NOT have a prescription.
- ⌚ Anything you would be heartbroken about losing or which is irreplaceable.
- ⌚ Weapons: this includes army knives, multi-tools, lighters, matches, etc.

Any questions? Unsure? Email H. Mark Smith, hmsmith@diomass.org!