

General Packing List: 2018 TWTS Leadership Retreat

Bedding: *You will need to bring your own bedding, pillow and towel to the Real Leadership Retreat. IE: Sheets, Blanket, Pillow, Pillow Case. (Mattress will be provided)*

Clothing: *Enough for the 3 days of the Real Leadership Retreat. The clothes should be appropriate at all times and should be comfortable to run around and do the activities. Please emphasize keeping a good and modest appearance. No tight, revealing or worn out clothes.*

Laundry: *Laundry service not always available. Plan to have little to no opportunity to do laundry during your time at the retreat. Some access to laundry facilities exists but at the participants own expense.*

Clothing Recommendation: (to be used as a guideline)

- *Please remember that you will need to dress appropriately for camp activities. No short shorts, short skirts or other clothes that would be revealing during the various high energy activities in the camp.*
- *Please bring and wear good sandals or shoes that will allow you to be very active without increasing the risk of injury.*
- *Please don't bring any shirts / clothing with questionable, suggestive or inappropriate images or words printed on them.*
- *Please do not bring any clothes with flags or political elements represented on them.*

Suggested Packing:

- 2 pairs of causal pants
- 2 pairs of shorts
- 2 T-shirts or light shirts
- Modest Swimsuit
- Active wear - sports clothing
- Modest sleep wear
- Underwear and socks
- Sun Hat / Cap
- Shower sandals
- Tennis shoes / active foot wear
- Light Coat or warm clothing

Toiletries:

Example toiletries kit: Just the essentials - toothbrush and toothpaste, comb, sunscreen, deodorant, shampoo, conditioner, soap, wet wipes, hand sanitizer, tissue packs, basic make-up, razor, lotion, baby powder - great for heat, Hair Dryers are OK. Contact lens solution and extra contacts, Girls – personal sanitary items

Medication: Any medications you will need to take during the retreat (allergy medications etc.). If you are allergic to bee or wasp stings and require medication, please bring any needed medication and inform our staff and your leaders of your allergy when you arrive at check-in.

General Toiletries:

- Wash cloth
- One medium-sized towel
- Soap and soap container
- Deodorant
- Toothbrush + toothpaste
- Shampoo
- Comb or brush etc
- Shaving items
- Sunscreen
- Mosquito repellent

Miscellaneous:

- Water bottle
- Laundry bag
- Small flashlight
- Personal stationery (pen, paper, notebook, eraser, etc.)
- Rain gear, umbrella
- Watch (optional)
- Sunglasses
- Personal First aid kit

- You may bring an mp3 player, I-pod, laptop, ipad etc... but the rule is, do not bring any valuables that you would be upset about having lost or broken. Mobile phones are ok, but only to be used during designated times. Only bring a small amount of cash. A good rule is that if you would hate to lose it, then it is not a good idea to bring it.

Internet: Access to the Internet will be available on a limited basis at the TWTS Leadership Retreat.