



General Information
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WHAT TO BRING

- ❖ The space is limited, so each person can bring a small duffle bag and sleeping bag. NO SUITCASE or air mattresses.
- ❖ Medications (make sure your group leader is aware and that you listed the items when registering for Mount2000).
- ❖ Toiletries, towels, washcloth
- ❖ Sleeping Bag (mandatory) and pillow
- ❖ 2 changes of casual, but appropriate clothing
- ❖ Bathing suit for showering
- ❖ Comfortable shoes
- ❖ Outdoor winter attire, including rain gear and umbrella
- ❖ Bible, rosary, and journal
- ❖ Cash/spending money

WHAT NOT TO BRING

- ❖ You may bring your cell phone, but it must be turned off at appropriate times.
- ❖ No bare midriff or sleeveless shirts (you will be required to change into something more appropriate)
- ❖ No short shorts or miniskirts.
- ❖ No t-shirts, other shirts, jackets, etc. that have inappropriate messages/pictures on them.
- ❖ Nothing irreverent.
- ❖ No Air Mattress, mats, or cots (unless you have already received permission from Mount2000 for a very specific and severe medical reason.)