



What to Bring:

- Bible
- Notebook and pen/ pencil
- Clothing for 4 days, including travel time
 - Plan on 2 sets of clothing for days 2, 3 and 4
 - 1 set of clothing for these days should be able to get wet and dirty
 - Sleepwear
- Colored Apparel:
 - We are the RED TEAM—bring all the red you have
- Shoes:
 - Comfortable shoes for walking and sessions
 - Flip flops for the shower (optional)
- Bedding (sheets for a twin bed, blanket or sleeping bag and a pillow)
- Towels and washcloths
- Toiletries (soap, shampoo, DEODORANT, toothbrush and toothpaste etc.)
- Prescription medications
- Sunblock and bug spray (optional)
- Money for 3 meals, the MIX station, offering etc.
- Athletic equipment for recreation time (optional)
- Snacks (optional)