

# TLUMC Youth: Fall Retreat Packing List

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- \$35 Registration Fee (Checks made out to TLUMC, Fall Retreat in the memo. Financial assistance available upon request).
- Year Long Medical Release Form (If you haven't already turned one in).
- Behavior Covenant (If you haven't already turned one in).
- Bible, journal, and a pen (Don't forget these)
- Pants/Shorts (2-3 pairs, at least two pairs of pants)
- Shirts (2-3 YGA\* shirts)
- Winter Gear for possible weather (Warm clothes, jacket, gloves, hat, etc.)
- Underwear & Socks (for EACH day)
- PJs (Also YGA\*)
- Running or tennis shoes
- Shower shoes/sandals
- Necessary Medicines: Antibiotics, vitamins, Aspirin, Allergy tabs, etc.

(NOTE: All medicines must be in a ziplock bag and handed in to Sam upon your arrival. Adults will manage all medicines to be sure they are taken with the correct dosage and timing)

- Snacks to share with the group
- Sleeping bag & pillow
- Flashlight/headlamp
- Toiletries (Soap, Shampoo, Deodorant, Toothbrush, Toothpaste, etc.)
- Bath Towel & washcloth (There are showers at the retreat center if you would like to take one)
- Water-bottle (DON'T FORGET THIS!)
- Sunscreen

\* YGA: Youth Group Appropriate