

TLUMC Youth: Winter Retreat Packing List

- \$50 Registration Fee (Checks made out to TLUMC, Winter Retreat in the memo)
- Year Long Medical Release Form
- Behavior Covenant
- Bible, journal, and a pen (Don't forget these)
- Pants/Shorts (1-2 pairs, at least one pair of pants)
- Shirts (1-2 YGA* shirts)
- Winter Gear for Tubing (Jacket, gloves, hat, boots, snow pants, 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