

# What to Bring

- Sleeping bag, Pillow or Bedsheets (for a Twin bed) and blankets.  
*Please note, failure to have your youth/adults use sleeping bags or bedsheets will incur a laundry cost of \$18.00 per bed. This is the cost for us to launder the mattress protectors.*

*We can provide bedlinen for anyone who has forgotten to bring a sleeping bag or bed sheets at an additional cost of \$15.00 per set.*

- Bible
- a note block and pen for writing
- Modest pajamas, or sleep ware
- Bath towel, toiletries,
- medication if needed etc
- Warm, comfortable clothing, jacket etc in the winter months –Oct-May (This is Oregon)
- Light comfortable clothing & a hoodie for the evenings in Summer (June-Sept)
- Comfortable shoes for walking is not a bad idea

**You may want to consider asking your group to:**

Bring snacks/drinks to share with the group during your social times  
and

Not to bring cell phones and other electronic items; these can be very distracting during a retreat