

Beach Retreat Packing List

- Bible
- Sleeping bag
- Sleeping pad (not required but recommended since we will be on the floor)
- Pillow
- Toiletries (shampoo, soap, toothpaste, toothbrush, deodorant...)
- Bath towel
- Flashlight
- Shower shoes (flip flops/sandals/slides)
- Comfortable shoes (close toed)
- Socks
- Swimsuit (if your student is silly enough and wants to get in the ocean)
- Clothes (shirts, sweaters, pants, sweats, jacket, beanie)

- Blanket (it will get cold at night!)
- Beach towel
- Ear plugs (optional if your student has trouble sleeping)
- Sunscreen
- \$20-50 spending money (recommended for snacks & activities)

Money for In-N-Out lunch on Sunday

*Remember: Girls no bare midriffs or spaghetti straps. Guys, no sagging no Speedo swimsuits.

What **NOT** To Bring

- Drugs (Unless prescribed by a doctor. If your child is bringing medication or supplements, please send them in their original containers)
- Alcohol

- Tobacco
- Fireworks
- Firearms