

PACKING LIST

Sleeping Bag & Pillow
2-3 Sweatshirts or Hoodies
2-3 T-Shirts or Long-sleeved Shirts
2-3 Pairs of Pants
Sleepwear
2 Pair of Underwear
4 Pair of Socks
Sneakers or Hiking Boots
Rain Gear
Flip Flops (for shower)
Towel/Wash Cloth
Soap
Shampoo
Deodorant
Toothbrush/Toothpaste
Comb/Brush
Medication (May be stored in “days of the week” dispenser/container)
Warm Jacket
Gloves/Hat
Day Pack (Fanny Pack)
Flashlight
Reusable Water Bottle
One Snack Item to be Shared with the Group
Cards or Board Game to be Shared with the Group (optional)
Fishing Pole/Tackle (optional)
Camera (optional)

SAMPLE MEALS FOR WEEKEND RETREAT

Any snacks brought by campers must be stored in the Mess Hall and shared with the group.

No food should be kept in the sleeping areas in an effort to reduce any visits from “critters”.

Please do not bring sodas or candy on this retreat.

Snacks

Apple slices, carrot slices, chips, pretzels, trail mix, goldfish crackers, granola bars

Breakfast

Scrambled eggs, turkey bacon, toast/jelly, bagels/cream cheese, fruit, cereal/milk

Lunch

Mac & Cheese, PB & J sandwich, turkey/cheese sandwich, chips, carrots

Dinner

Hotdogs, burgers, chips, “Foil Babies” (chicken, veggies, cream of chicken soup – cooked in foil over fire)

Dessert

Fruit, pound cake, s’mores

Drinks

Water, Juice (Apple and Orange), Hot Chocolate, Coffee, Milk