

## PACKING LIST FOR FEARLESS MINISTRIES RETREATS

\*Note, there are NO SHOWER FACILITIES!

- Sleeping Bag; Pillow; Bedding; Cot, Mat, or Air Mattress (optional)
- Hand Towel(s) & Washcloth(s)
- Toiletries (Soap, Deodorant, Toothpaste, Toothbrush, Hairbrush, Personal Items)
- Ear Plugs
- Warm Clothing for Nighttime
- Appropriate Clothing (Please check the forecast, as a number of our activities are outside. If rain is predicted, please bring a raincoat, poncho, or umbrella. If cold weather is predicted, bring a warm coat, hat, and gloves/mittens. *All* clothing should be appropriate length—shorts/skirts at least to mid-thigh and no spaghetti straps. Nothing with inappropriate logos or images.)
- Medicine (if you have a condition that requires medication)
- If you have a food allergy (ex. to peanuts or gluten), you may wish to bring along some of your own special snacks, since food options at the retreat site may be limited.
- Rosary