

† SPIRIT 2011 RETREAT

WHAT TO BRING

- * 2-liter drink and snack to share
- * Clothes for outdoor events, including shoes for hiking, climbing, and running (i.e., clothes you don't mind getting dirty/wet)
- * Swimsuit
- * "Dry" changes-of-clothes for non-water activities
- * Sleepwear, appropriate for a church event
- * "Dry" shoes (your regular shoes/sneakers)
- * Pillow AND either a sleeping bag or sheets for a twin bed
- * Washcloth(s) and one or two towels (one for a shower and possibly one for drying off after water activities)
- * Shower shoes
- * 13-gallon garbage bag for wet/dirty clothes
- * Personal items (shampoo/soap, deodorant, toothbrush toothpaste, etc.)
- * Bug spray, sun screen, flashlight
- * Bible and rosary
- * Free Time stuff (cards, book, your favorite board game)
- * Prescription medicine, with written instructions
- * An old wire hanger, old fishing pole, or long thin stick for roasting marshmallows around a campfire
- * A small amount of cash for purchasing snacks on the road

PLEASE PACK ONLY ONE BAG (not counting your pillow or sleeping bag). There will be limited space for luggage. Label your stuff with your name!!

COME PREPARED TO HAVE AN AWESOME TIME!!



OTHER IMPORTANT STUFF

- * Meet at St. Patrick at 7am Saturday; we'll return Sunday at 3:45pm
- * Emergency contacts: Kevin Whitaker (205.903.2222) or Dale Blanchard (205.541.6597)
- * Retreat Location: Sumatanga Camp and Retreat Center — 3616 Sumatanga Road, Gallant, Alabama 35972; (256.538.9860)
- * Please do not bring a lot of valuables (PSPs, MP3 players, etc.) as they might get lost or damaged.

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VERY IMPORTANT!!

Cell phones will be confiscated if they cause a disruption during the retreat. They will be returned to parents on Sunday after the retreat.

Breakfast Saturday through lunch Sunday will be provided. Food and drink **ARE NOT** allowed in the rooms where we will be sleeping. All food must be consumed in or near the general meeting area.

Call/text Kevin if you have any questions.