

**Office of Youth Ministries
Episcopal Diocese of Massachusetts
Retreat Checklist**

What To BRING:

- Sleeping bag (or warm blanket and sheets)
- Pillow
- Towel (for face/ shower)
- Toiletries
- Clearly labeled medications (which will be given to chaperones to dispense)
- WARM CLOTHES
- Jacket, hat, gloves, scarf (the weather in NH can vary widely—always be prepared for the cold!)
- Snow-proof shoes
- Flashlight
- Homework or reading (for our ‘siesta’ and homework time!)
- Filled out Registration Forms!
- An open heart and a sense of humor!

What NOT to bring:

- ⊗ Your phones, ipods, video games, smartphones, etc (we will ask you to turn them off and put them away if you bring them!)
- ⊗ Any medication which is NOT yours, and for which you do NOT have a prescription.
- ⊗ Anything you would be heartbroken about losing or which is irreplaceable.
- ⊗ Weapons: this includes army knives, multi-tools, lighters, matches, etc.

Any questions? Unsure? Email Sam Gould, sgould@diomass.org!