

Things to Bring

- Sleeping Bag and Pillow (or Linens Twin size, Blankets and a Pillow)
- Towel.
- Personal Toiletries – Soap, Shampoo, Toothbrush, Toothpaste, Deodorant,
- Prescriptions
- Ear Plugs or Outdoor Ear Muffs
- Shower shoes or Flip Flops.
- Bible, Flashlight, Alarm Clock.
- Hiking Boots.
- Breathing machine if you need such.
- Recreational equipment: Football, Frisbee, Basketball, Fishing Pole (must have a fishing license).
- Playing cards (no poker chips so that we cause no one to stumble).
- No Alcohol.



"Living by Example"

Cell Phones are permitted and will work, please have them on silent/vibrate during sessions.