



FBYC Suggested Retreat Packing List:

- Personal Bedding is **REQUIRED**. (sleeping bag, pillow, towel, blanket, or bedsheets for a Twin bed, etc.) If you do not wish to bring your own, each participant will receive a total linen bundle (pillow, pillowcase, towel, washcloth, sheet set and blanket) for \$17/bundle (this is the cost for us to launder the sets and mattress protectors.)
- Bible
- Notebook or journal and something to write with
- Warm, comfortable clothing, jacket, etc in the winter months (Oct-May) (this is Oregon)
- Light, comfortable clothing and a hoodie for the evenings in Summer (June-Sept)
- Modest pajamas, or sleep wear
- Comfortable shoes for walking
- **ALL** Shower and Hygiene Toiletries (toothbrush, toothpaste, shampoo, soap, etc)
- Shower shoes (optional)
- Medication if needed, etc.

You may want to consider asking your group to:

- Bring snacks/drinks to share with the group during your social times
- Not to bring cell phones and other electronic items; these can be very distracting during a retreat