

HIGHER GROUND Extreme Faith (HGXF)

WHAT TO BRING LIST

You will receive your own refillable water bottle compliments of Higher Ground. It is very warm during the day and you will want to stay hydrated.

1. Informal clothing such as shorts, jeans, t-shirts, tennis shoes, and a hat/ball cap. **Include a pair of sturdy closed toed shoes for running/hiking.** Include some warm clothing such as sweatshirts, sweatpants, warm socks as well as a coat or jacket. No short-shorts, belly shirts, spaghetti straps, muscle shirts, t-shirts that advertise alcohol or other inappropriate items or sayings will be permitted at the retreat. See dress code policy below.
2. Modest swimsuit appropriate for a Catholic retreat setting (no bikini or Speedo) and a beach towel. Weather permitting, there will be daily opportunities for water activities. FYI Maranatha Bible Camp requires a t-shirt to be worn with two piece bathing suits that do not reasonably cover the stomach area.
3. Your own shower towel, soap, shampoo and other toiletries; needed medications.
4. Backpack. This will be good for carrying shower items to and from the bathhouse, carrying swimming items, and hiking.
5. Bedding and pillow; bring a warm sleeping bag or blankets and sheets for a twin-size bed.
6. Bible, Pen, or pencils.
7. Spending money. All activities are part of the HGXF camp (no horseback riding). Extra money will be needed for Camp Maranatha's ice cream / snack shop, and they also sell souvenir t-shirts, hats and other gifts in their gift shop.
8. Flashlight.
9. Bug spray and Sunscreen.
10. Set of old clothes: shirt, shorts, and shoes – These should be clothes you don't mind getting dirty
11. If you would like more information on Camp Maranatha, check out their website:
maranathacamp.org

DO NOT BRING electronics. Again cell phones will be permitted on a limited basis for pictures.

DON'T FORGET TO BRING WARM CLOTHING!!

Participant Dress Code

- Shirts must be long enough to naturally touch the top of the lower garment, with arms raised. Shirts must cover the shoulders. No Spaghetti straps, tank tops, and halter tops or transparent/mesh clothing or shirts with revealing necklines or armholes.
- Shorts and skirts must be fingertip length when arms are resting at sides. No leggings/yoga pants
- All attire should be sized to fit without exposing undergarments, buttocks, stomachs, or cleavage.
- No clothing or accessories that promote drugs, alcohol, or tobacco either by brand or message
- No clothing or accessories with sexually suggestive language or messages or clothing or accessories that promote violence, criminal activity, intimidation, or intolerance of others (based on religion, ethnicity, or gender)
- Modest swimsuit appropriate for a Catholic retreat setting, No Speedos or bikinis.

**Maranatha Bible Camp, 16800 E Maranatha Rd.
Maxwell, NE 69151 (308)-582-4513**