

Packing List for Summer Blaze Retreat	
✓	Items
	Sleeping Bag
	Pillow
	Fitted Sheet for twin size mattress
	Blanket
	Pajamas
	Outfits for Saturday and Sunday (keep weather in mind)
	Socks (extra in case it rains)
	Undergarments
	Tennis Shoes (two pairs if possible)
	Modest swimsuit – one piece or tankini (no bikinis please)
	Flip Flops/Sandals/Water Shoes
	Trash bag for dirty/wet clothes
	Rain jacket/Poncho
	Shower shoes
	Shower supplies (shampoo/conditioner, body wash, facewash, loofah/wash cloth)
	Towels (three: one for swimming/canoeing, two for showering)
	Toothbrush/toothpaste
	Comb/Hairbrush
	Ponytail holders
	Deodorant
	Glasses/contact supplies
	Bug Spray
	Sunscreen
	Chapstik (optional)
	Hat (baseball, bucket, etc.)
	Snacks (optional)
	Water Bottles (labeled with name)
	Rosary
	Flashlight with fresh/extra batteries
	Phone Charger (Students will only be allowed to use their phones in the evening)
	Medication (Contact Carrie for Medication Administering Form: chenrichsalbaugh@stpaulhighland.org)

First Aid will be available with Retreat Leaders.

As much as possible, supplies should be labeled with name.