

PACKING *list*

All Heart: Fall Middle School Overnight Retreat 2025!

Please label all personal items!

✓ Clothing:

- Comfortable clothes for 2 days
- Modest sleepwear
- Sweatshirt or jacket
- Closed-toe shoes (for outdoor activities)
- Extra socks and undergarments
- Appropriate shoes and pants or skirt for Mass on Sunday (youth will be given a retreat shirt to wear to Mass)

✓ Toiletries:

- Toothbrush & toothpaste
- Deodorant
- Hairbrush or comb
- Travel-size shampoo, conditioner, and body wash
- Towel & washcloth

✓ Bedding:

- Sleeping bag or twin-size bedding
- Pillow

✓ Other Items:

- Bible and journal (if you have one)
- Flashlight (optional)
- Medications (must be turned in to adult leaders in original containers)

⊘ Please do NOT bring:

- Cell phones*, tablets, or electronics
- Snacks (meals and snacks will be provided)
- Anything valuable or inappropriate

We're excited for a fun and faith-filled retreat!

**It is understood if you would rather your student bring their cell phone. Our Core Team will hold onto your child's phone so that they can fully participate in the weekend. Phones will be given back shortly before carpool to the church on Sunday morning.*