

WHAT TO BRING FOR THE RETREAT

This list provides the items necessary for CHRISTpower

- _____ Great enthusiasm and a wonderful Christian spirit for the week
- _____ Sleeping bag / pillow – Cots will be provided
- _____ Bath towels/wash cloth
- _____ Shower caddy (if desired for convenience-showers are down the hall)
- _____ Personal toiletries – deodorant, toothpaste, toothbrush, soap, shampoo, etc.-make-up is not necessary
- _____ Work clothes for 5 days (items you don't mind getting dirty, or paint on)
Acceptable clothes include **sleeved** t-shirts with a crew neck, and covering your midriff. Shorts that are **below** arms length or full-length jeans (without holes).
Shirts, shorts or jeans not fitting this description will be replaced by CHRISTpower clothes in inventory. Include a pair of jeans and one long sleeve tee shirt (for any intense weeding.)
- _____ One pair nice casual slacks
- _____ Shoes Needed:
 - Old crummy tennis shoes(will be worn for one messy event only)
 - Protective tennis shoes for service sites and outside of the gym
 - Non-marking clean tennis shoes for gym use
 - Flip-flops for shower (if desired)
 - Sandals or casual shoes for other than service sites and gym
- _____ For Wednesday night-one t-shirt & pair of shorts or jeans which may be non-salvageable.
- _____ Any prescription medication if applicable. All RX will be kept in a safe place and administered by the CHRISTpower Core team.
- _____ Bug spray
- _____ SUN SCREEN
- _____ Modest swimsuit – for guys trunks, for girls a 1-piece, (if 2 piece, a **dark colored** T-shirt must be worn over swim suit)
- _____ A camera if you would like
- _____ Bible and rosary

Please be prepared to confirm with us how many from your household (other than yourself) will be attending Family Night. – Wednesday July 13, mass, dinner and fun at St. Joseph Cathedral.

WHAT NOT TO BRING DURING THE RETREAT

In an effort to live more simply,
we ask that you would leave these items behind, at your homes

1. Any and all music or movie devices, (ex. radios, ipods, DVD Players, MP-3's or portable CD players, even CD's – cassettes, vinyl records, eight track tapes☺)
2. Cellular phones and pagers (if they are brought on the retreat you will be asked to give them up and we will store them in a safe place until the end of the retreat)
3. Illicit drugs, alcohol, anything perceived to be a weapon, or anything constituted to be harmful for the rest of the retreatants
4. Snack food – ample snacks are provided.