

What to bring;

- () Casual comfortable clothes and shoes
- () Swimsuit
- () Soap / shampoo
- () Towel
- () Toothbrush / toothpaste
- () Sleeping bag or bedroll and a pillow
- () Mattress or sleeping pad (you'll be sleeping on the floor / please NO queen size air mattresses)
- () Prescription Medication
- () **Code of Conduct/Emergency Health form and weekend fees**
(if not already sent in)

Please do not bring;

- A watch** (you'll be on Gods time)
- CD player or MP3** (we will make our own music)
- Cell phones**
- Food** (pop and snacks will be provided)
- Valuables / wallets etc.** (money not needed)
- Car** (parking is limited, have family or friends drop you off)
- Alcohol or Drugs** (Duh!)