

# Diocese of Eastern PA Teen Winter Retreat Refreshing Mountain Packing List

Not sure what to bring to the Winter Retreat? We suggest that you pack the following items in order to be prepared for the camp activities offered this year:

## Clothing

Remember to pack for 3 days – essentially the clothes the teen will wear upon arrival is one day, but pack 3 days clothes for that 1 outfit that is bound to get wet (extra hoodie helps too)

- Shirts
- Pants
- Underwear
- Pajamas
- Socks
- “Play” Sneakers or Boots for activities
- Church Shoes
- Dress Clothes appropriate for church (Sunday there will be Liturgy)

## Toiletries

- Shampoo & Conditioner
- Soap or Shower Gel
- Washcloth or Shower Pouf
- Bath Towel
- Shower Shoes
- Toothbrush & Toothpaste
- Deodorant
- Brush and/or Comb
- Prescription Medications (these may be left with Camp Nurse or self-distributed by the camper)

## Bedding

Refreshing Mountain has excellent bunks with bunk mats for our campers to use. You will need to have your camper bring:

- A sleeping bag or twin-sized sheets for the mat/mattress
- Pillow & Pillowcase
- Blanket if desired (sleeping bag recommended for packing purposes)

## For the Great Outdoors

- Winter Jacket
- Winter Hat & Winter Gloves
- Extra Hoodie and/or Sweatshirt
- Scarf and/or Ear Muffs
- Refillable Water Bottle
- Umbrella/Poncho in case of rain

## Other Suggested Items

- A book, sketchbook, or journal
- Deck of cards
- Enthusiasm & Joy

## PLEASE DO NOT BRING

- Short shorts, low cut dresses or skirts, leggings/yoga or form-fitting pants
- Clothing with inappropriate messages
- Illegal substances, alcohol, or cigarettes
- Weapons of any kind
- Handheld gaming devices
- iPad/Laptops/portable DVD players
- Snacks or candy
- Cell phones

**Cell Phones:** *If cell phones are needed for emergencies, the cell phone will be given to the counselor and used in coordination with the counselor. This will be a limited-technology retreat – cell phone use is prohibited.*