



## What to Bring List

### **Retreat House, Overnight Guests**

If you are attending an event led by LOMC staff and staying in the retreat houses, we recommend bringing (and not bringing) the following items.

Bible

Pen/Pencil

Sleeping bag/pillow

Towel/wash cloth

Soap, toothpaste and brush, shampoo, etc.

Cup (for bathroom use)

Water bottle (when hiking)

Flash light

Rain gear

Sun Screen/Bug spray

Good, sturdy shoes for outdoor activities (2 pairs ideal)

Plenty of socks

Appropriate clothing for weather conditions

Back pack (school size) to carry items during retreat

Snacks to pass with all participants during snack time

### **Things to Leave Home**

In order to keep the focus on why your group is at camp, we ask campers to leave certain items at home.

Cell phones

Headphones, (discman, walkman, radios)

Gameboys, TV's or other electronic games

Expensive or valued clothing or jewelry

Pocket knives (Swiss army knives)

Tobacco(in any form), Alcohol, any illegal substances.