

## What to bring to the Suttle Lake Youth Winter Retreat

### **FOOD:**

- ✓ Bring your SACK LUNCH for Saturday. (Suttle Lake does not provide lunch on Sat.)
- ✓ WATER BOTTLE.

### **CLOTHING:**

- ✓ Heavy jacket for the snow.
- ✓ Snow gloves or mittens.
- ✓ Boots or extra pair of shoes.
- ✓ Wool socks or extra layers of socks.
- ✓ Snow pants (or at least an extra pair of pants, fleece is great)
- ✓ Warm tops or sweaters
- ✓ Warm hat
- ✓ Pajamas
- ✓ Slippers for inside times

### **BEDDING & TOILETRY ITEMS:**

- ✓ Sleeping bag
- ✓ Pillow
- ✓ Towel & wash cloth
- ✓ Toiletry items: soap, toothbrush, shampoo, chapstick. (Only staying 2 nights, so bring small amounts.)

### **OTHER:**

- ✓ A POSITIVE ATTITUDE 😊😊
- ✓ Flashlight
- ✓ All medications must be in original containers.
- ✓ NO PHONES or other electronics. (This is a time to unplug and enjoy each other.)
- ✓ Optional: Camera (Disposable or other type that is not on your phone.)