

St. Matthew's

Fall Youth Retreat

August 9-11, 2019



What to Bring:

- ❑ Sleeping bag
- ❑ Pillow
- ❑ Towels (an extra for swimming)
- ❑ Toiletries
- ❑ 4 changes of clothes
 - one for Saturday, one for Sunday, one that can get messy, one that can get wet
 - you may want to bring a **bathing suit** (optional) for under your clothes that can get wet, but you are still expected to wear clothes, not just a bathing suit.
 - T-shirts should have **sleeves**; shorts should be of longer length.
- ❑ ***at least one pair of closed-toed shoes that can get messy and wet***
- ❑ One-piece bathing suit (ladies), swim trunks (fellas) MUST BE CHURCH APPROPRIATE
- ❑ Bible
- ❑ Notebook
- ❑ Pen or pencil
- ❑ Flashlight
- ❑ Trash bag (for messy and wet clothes)

What **NOT** to Bring:

- ❑ NO Electronics (mp3 players, cell phones, etc.)
 - If you need to call home when you get there, you can use a youth leader's phone
- ❑ NO Illegal substances
- ❑ NO Firearms, weapons, etc.
- ❑ NO Snack Food
- ❑ Medicine must be given to an adult to distribute

MEET AT THE CHURCH AT 5:30 PM!!!

**Eat at dinner before you come! We'll have a snack when we get there,
around 7:30 pm!**