

# What to Bring, What to Leave at Home

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## List of Items to **BRING** for the weekend:

1. Small tote bag (with your name on it) that will hold your Bible and a water bottle
2. A healthy snack to share (i.e. popcorn, fruits, veggies, nuts, granola bars, trail mix, dark chocolate, etc.)
3. Comfortable clothing
4. White shirt or T-shirt (we will not deface or write on your shirt)
5. Closed toed shoes
6. Toiletries
7. Heavy jacket or coat (hat and gloves if attending a weekend during winter)
8. Medication as it pertains to you
9. Pen and notebook
10. Bible (if you choose)
11. Picture of yourself as a little girl (12 years old or younger)

## List of Items to **LEAVE** at home:

1. Alcohol
2. Jewelry and Valuables (we cannot guarantee the safety of these items. If you forget, you will be asked to remove all jewelry prior to the start of the weekend, this includes engagement/wedding rings, watches, earrings, etc.)
3. Bedding & Towels (these are supplied in each room.)

## **IMPORTANT:**

- Smoking is only permitted in designated areas outside of the buildings. Also there will be designated times and locations for you to do so over the course of the weekend.
- You will be sharing a room with at least one other woman.

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- You will be asked to leave cell phones in your vehicle for the entire weekend. (phone numbers have been provided in case of emergency for your family.)
- No Religious service or any denomination will be held during or at the conclusion of the weekend.