



Interact District Retreat Items Check List

Note: All items are not required, just suggested



- 2 Pairs of pants
- 1 Pair of shorts (in case it is warm)
- 3 T-shirts and/or Long sleeves (bring Interact Gear)
- 1 Sweatshirt (it gets cold at night)
- 1 Jacket (it could get chilly)
- 1 Poncho or raincoat. Rain is very unpredictable, and we want you to be prepared.
- 1 Pair of all-purpose shoes (to hike, run, etc.) SNEAKERS PREFERRED
- 1 Pair of flip-flops if desired (FOR SHOWER)
- Ample supply of socks and underwear
- Pajamas
- Bath towel
- Toiletries – shampoo, soap, hairbrush, toothbrush and toothpaste
- Sunblock
- Sleeping bag and pillow with pillowcase
- Flashlight with batteries
- Sun hat/baseball cap
- Reusable water bottle
- Notebook and pen
- A lot of energy, to run, play, meet new people, and having the best retreat ever
- Any medications needed for the weekend. Medications should be in their original prescription package and given to chaperone with instructions on dispensing

****NOTE:** Keep in mind that while it may be nice during the day, it can be quite chilly at night. Please come prepared!

PLEASE DO NOT OVERPACK! The retreat is only a weekend (just about 48 hours), please pack accordingly. Outlets are limited do not bring too many items that require power sources!

LABEL ALL ITEMS. All clothing and personal items should be clearly marked with the camper's full name.

WHAT NOT TO BRING:

Campers may wish to bring certain items to camp that are unnecessary, inappropriate, unsafe, and illegal. Any items of these nature found or used during camp will cause for immediate removal and shut down of the event.

PLEASE NO DOT BRING THE FOLLOWING TO CAMP:

Alcohol, non-prescription drugs; knives; matches, cigarette lighters or fireworks of any kind; items of value including watches, jewelry, expensive cameras or Ipod's; electrical appliances; video games or any hand-held electronic games, i.e. gameboys. NO EXPENSIVE ITEMS (It would be upsetting to all if something was lost or broken.)