

Personal Essentials

- ☐ Toothbrush & toothpaste
- ☐ Soap, shampoo, and personal hygiene items
- ☐ Deodorant
- ☐ Towel & washcloth
- ☐ Hairbrush/comb
- ☐ Prescription medications (if needed)
- ☐ Sunscreen

Clothing

- ☐ Comfortable casual clothing for sessions and group activities
- ☐ Light jacket or sweater (rooms may be cool)
- ☐ Sleepwear
- ☐ Extra socks & undergarments
- ☐ Comfortable walking shoes or sandals
- ☐ A “Sunday’s Best/Aloha” outfit attire for a special moment.

Event Materials

- ☐ Bible
- ☐ Pen & notebook (or journal)
- ☐ Reusable water bottle
- ☐ Small backpack or tote for carrying items to sessions

Optional Items

- ☐ Slippers/flip-flops
- ☐ Sunglasses/hat for outdoor breaks
- ☐ Small snacks (if desired)
- ☐ Camera or phone for photos (please limit usage—this is a low-tech weekend)

Please Do Not Bring

- ☐ Distractions (laptops, tablets, unnecessary electronics)
- ☐ Alcohol or substances not permitted by the retreat guidelines

✨ **Reminder:** This is a *low-tech weekend*, designed for focus and renewal. Keep it simple, come expectant, and prepare to encounter God!