

DISCIPLE NOW Retreat

PARTICIPANT “WHAT TO BRING” CHECKLIST

Please eat dinner Friday before coming to the retreat. We will have snacks Friday evening but not a full dinner.

CLOTHING

- _____ Shorts
- _____ Pair of jeans
- _____ Underwear and socks for weekend
- _____ T-shirts and a shirt for mass
- _____ Sweater

TOILET ARTICLES

- _____ Soap in a container
- _____ toothbrush, toothpaste
- _____ toilet articles (deodorant, mouthwash, cologne, etc.)

MISCELLANEOUS

- _____ Laundry bag (plastic bag is fine)
- _____ Sheets, a blanket and pillow or sleeping bag and pillow
- _____ 1-2 towels and washrag(s)
- _____ Bible
- _____ an open mind
- _____ deck of cards/table games (optional)
- _____ Musical instrument (to play during prayer services and mass and free time)
- _____ *Snacks to share for Friday night (girls bring baked goodies – guys bring chips or fruit)
*The snacks you bring to share will be turned in at the retreat registration table when you check in. The Palanca team will put the shared snacks out at snack times and meal times throughout the retreat

DO NOT BRING

- expensive articles
- dress up clothing
- radios/gameboys/walkmans or other electronics