



## What to Bring (Con't)

† Tennis Shoes for rock wall climbing and other activities

† Modest swimwear (bring a cover-up if your swimsuit is not modest or you will be asked to wear a cover-up provided by a Youth Leader and trust us, you don't want any part of that!)

† Hat to protect you from the sun

### Bedding

† Sleeping bag or bed roll (please remember night temps can get quite cool)

† Pillow

† Flashlight (with working batteries)

### Hygiene

† Toothbrush & Toothpaste

† Deodorant

† Soap, Shampoo, and other items needed for daily showers

† Towel & Washcloth

† Other items needed for your daily care (lotion, hairbrush, hair bands, etc)

### Other

† Your Bible

† Required Paperwork, as provided during Youth Group

† Prescribed medications you will need for the weekend (which must be checked in with a youth leader for distribution)

† Your Instrument if you are performing worship music

† Your message and any corresponding items if you are presenting a message

† Beach towel if you plan on going in the ocean

† Enough money to cover dinner at a fast food restaurant on Friday evening (required) and money for snack shack (optional).

† Plastic Bag for wet clothes

What Not to Bring: CCF is not responsible for valuable items brought to the retreat. We will be sharing facilities with other residents, so youth should refrain from bringing anything valuable to camp. There is no way to secure sleeping facilities. Radios, CD players, cell phones, video games or any other electronic devices, matches, lighters, or any form of tobacco are prohibited. Drugs, Alcohol or medicines except those prescribed by a doctor are not allowed. Pets.