



ACTS Retreat

Adoration Community Theology Service

ITEMS TO BRING TO THE RETREAT

	Good and open attitude
	Healthy Snack to share with 8 other people (Leave at Registration Table)
	Bible
	Good Mattress (foam or air as you will be sleeping on the floor)
	Sleeping Bag/bedding
	Pillow
	Slippers
	Shower flip-flops
	Towel
	Wash cloth
	Hand Towel
	Body Soap
	Shampoo
	Conditioner
	Comb/hairbrush
	Hair Dryer if needed
	Toothbrush
	Toothpaste
	Mouthwash
	Deodorant
	Lotion
	Other toiletries
	Socks
	Underwear
	Casual, comfortable clothes appropriate for a Christian Environment
	Comfortable closed shoes
	Coat, Jacket or sweater
	Appropriate dress clothes for Sunday mass
	Medications
	Flashlight
	Musical instrument if you play one