**2022 LYF Retreat Packing List:**

**Bring**: Bible, pen/pencil, *flashlight*, warm clothes (sweatshirt/jacket, shoes, socks, pants, long sleeve shirts - it will be COLD at night), sleeping bag or blankets/sheets, pillow, clothes and shoes that you don’t mind getting grubby (sneakers are fine), clean underwear, toiletries (toothbrush, toothpaste, soap, shampoo, lotion, etc.), towel, *alarm clock*, comb/brush, deodorant, PJs, prescription medications.

\*\*Please make sure you bring:

* One COVID rapid test kit
* Water Bottle

**Might be a good idea to bring**: Any Boardgames or card Games, snacks, shower shoes or flip flops, bug spray, Purell®, playing cards, sports equipment (there is a football field, and basketball courts), camera and film (memory stick, charger, etc.), hair dryer, raincoat/umbrella, homework.

**Don’t even think about bringing**: illegal substances (drugs, alcohol, etc.), weapons of any kind (including knives), jewelry or other irreplaceable valuables, live or dead animals, CD players/MP3 players/iPods or anything that plays music, cell phones (not even for an alarm!), laptops/ TVs/video game players/portable DVD players/anything with a screen… or Anything that will DISTRACT or ISOLATE you while at LYF Retreat. Any contraband will result in confiscation and/or your early exit from LYF Retreat.

**Note**: *We will be collecting students’ phones upon arrival at the retreat and returning them at the end of the retreat. It is better for students to just leave cell phones at home. Students can use counselors’ phones to call parents if needed. We have all of your contact info!*

Check-in at church will start at 5:30pm and buses LEAVE church at **6:00 pm on Fri. 10/7**. Students must do a COVID home test before coming to church on Friday. Either bring the test kit or a photo of the test kit to show the negative COVID test result at the check-in.

We will return at **3:00 pm on Mon. 10/10**.

Questions? Contact Jeremy MacDonald (978)489-8335 (Cell), Jeremy.Macdonald@lowell.church. If anyone needs to reach you while we are there, Camp Spofford’s phone is (603) 363-4788.