

# CHECKLIST FOR THE RETREAT



## *TO SLEEP*

- BEDDING: INCLUDE BLANKETS AND PILLOWS  PIJAMA
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## *HYGENE*

- SHAMPOO AND GEL  TOWEL  COMB  
 TOOTH PASTE AND TOOTH BRUSH
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## *CLOTHES*

- WARM CLOTHES & ACTIVE WEAR  FORMAL WEAR  
 SWIM WEAR  FOOTWEAR (INDOOR & OUTDOOR)
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## *HEALTH AND SECURITY*

- WATER BOTTLE  FLASHLIGHT  INSECT REPELANT  
 NECESSARY MEDICATIONS
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## *EXTRAS*

- BIBLE AND NOTEBOOK  CAMARA  
 LAWN CHAIR

