

Patrick Amsden, Executive Director - e.mail: cabar@CampAppanoose.org

## Things to Bring for Fall Retreat

## **Bring**

- Sleeping Bag and Pillow
- Personal Items
- Towel
- Wash Cloth
- Clothes for three days
- Set of old clothes for a get dirty activity
- Long Jeans
- Jacket
- Tennis Shoes
- Swimwear if warm
- Bible (if you have one)
- Pencil/Pen
- Water Bottle
- Flashlight
- Spending money for snacks

## Optional

- Camera
- Fishing Equipment

## Don't Bring

- MP3, MP4, iPods
- Cell phones
- Computer
- Video-games
- Food/snack items
- Fireworks
- Radios
- Cigarette lighters
- Tobacco products/drugs