

La Salle High School Retreat—Camp Ghormley Edition

“Things to Bring” List

“Live simply so that others may simply live.”
-Elizabeth Seton

NECESSITIES

- Open, flexible, and positive attitude (no drama!)
- Sleeping Bag
- Journal and pens(provided)
- Pillow
- Warm clothes/Shoes/Sleeping Gear

CLOTHING

- closed toe shoes, one pair suitable for hiking
- long and short sleeve shirts (camp clothes)
- Socks
- 2 pairs, long pants (camp clothes)
- Undergarments
- sweatshirts/fleece (It can get very cold)
- Coat/Jacket
- outer layer with Hood/hat
- Sweats/pajamas

Toiletries/Medicine

- 1) Seriously reflect on the “need” for make-up and/or jewelry.
 - 2) Do not forget your personal medication!
- Towel
 - Toothbrush
 - Washcloths
 - Toothpaste
 - Soap
 - Deodorant
 - Personal medicine
 - Shampoo/conditioner

Remember: iPads and Cell Phones will not be allowed on Retreat. If you bring them, we will feed them to Sasquatch. Just kidding—we will keep them in a backpack until we get home.