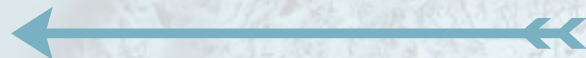


EASTMINSTER WINTER RETREAT PACKING LIST



- Bible
- Pen & journal
- Bedding (sleeping bag or sheets & blankets)
- Pillow
- Warm jacket or coat
- Hat and gloves
- Rain jacket or poncho
- Towel
- Toiletry items - shampoo, conditioner, toothbrush, toothpaste, soap, deodorant, etc.
- Insect repellent
- Warm athletic clothes for outdoors
- Socks & underwear
- Tennis shoes
- Flip flops (for the shower)
- Water bottle
- Trash bag for dirty clothes

Optional: flashlight, fishing pole, snacks, money for The Woods store, guitar



DO NOT BRING:

- Alcohol
- Weapons of any kind (including pocket knives)
- Chemicals
- Fireworks
- Tobacco products
- Snacks with peanuts
- Electronic devices (phones, iPads, iPods, etc.)

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MIDDLE SCHOOL

CHECK-IN: Feb. 15, 5 p.m.; Gym


RETURN: Feb. 17, 3:30 p.m.; Parking Lot


HIGH SCHOOL


CHECK-IN: Feb. 22, 5 p.m.; Gym


RETURN: Feb. 24, 3:30 p.m.; Parking Lot


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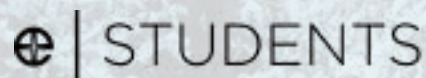
 Iderby@eastminster.org

 634.0337, ext. 2018

 Text Eastminster MS or
Eastminster HS to 313131

REQUIRED FORMS

- All medications must be checked in along with the completed Prescription Medication form.
- Please be sure you turn in a notarized Medical Release form & signed Student Consent form at check-in.



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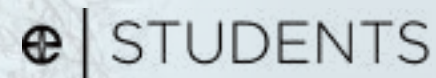
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