Camp Emmaus 2019

Packing list

Camp Emmaus is a Catholic camp, so please dress in a manner appropriate to that setting. We want our focus to be on the Lord and the way we dress can help us to do that. Your clothes should be**clean**, in **good condition**, and **modest.** The weather will be warm, so pack accordingly, but please be mindful of these guidelines:

For all participants:

***You will be attending Mass daily.***While you don't need to wear your Sunday best every day, we do ask that you keep your attire respectful and appropriate to that Divine reality. ☺

**For Gentlemen:**

- No sagging - your shorts should be worn at the waist, covering your boxers/undergarments

- No tanks tops. Basic t-shirts would be a great option

- **Swimsuits**: you will have access to the pool at various points throughout the week. Please bring swim trunks, not speedos.

**For Ladies:**

- Tops should fully cover your bra; no crop tops, backless, or plunging necklines

- Your shorts and/or skirts should be of a reasonable length (recommendation: at or below your fingertips with your arms relaxed at your sides). This will allowing you to sit on the ground, go for hikes, and play games easily and without worry

- **Swimsuits**: you will have access to the pool at various points through the week. Please bring one piece swimsuits or tankinis that fully cover your midriff. If you don't have a swimsuit that fits that description, please bring a tank top to wear over your bikini.

Check the weather!

Bringing layers of clothes is a great idea!!

We will be staying in Cabins (with bunk beds) with thin mattresses that your sleeping bags can go on top of. They all have A/C and heating as needed. Since we’ll be up there for a few days it might be good to bring a little extra cushioning for better support as to get restful sleep.

# What To Bring List

* A great attitude!
* Sleeping bag or sheets and blanket
* Pillow
* Pajamas
* Towel
* Toiletries (soap, shampoo, toothbrush, paste, personal care items)
* Let us know if you have any medication (epipen etc. for first aid)
* Modest clothing
* Shoes you don’t mind getting a little dirty
* Water Bottle
* Hat or visor if you are sensitive to the sun
* Sunscreen
* Insect Repellant
* Sweater, rain jacket, boots, possibly a snow jacket, again check the weather for rain, or COLD!
* Flashlight
* Bible, prayer book
* A notebook or notepad – for taking notes… ☺
* **You are not allowed to use your cell phone on retreat.** You are welcome to leave them at home. You aren’t going to need your cell phone (or iPod/iPad or any other electronic device) during the sessions.
* **All medications, medical devices, or any special items should be disclosed on your permission form**
* Drugs, alcohol, weapons, or any other illegal substances are **strictly prohibited.**