

**Office of Youth Ministries  
Episcopal Diocese of Massachusetts  
Retreat Checklist**

**What to BRING:**

- ☐ Sleeping bag (Cape retreat participants may want to bring a sleeping pad or air mattress)
- ☐ Pillow
- ☐ Towel
- ☐ Toiletries
- ☐ Clearly labeled medications (which will be given to chaperones to dispense)
- ☐ WARM CLOTHES
- ☐ Jacket, hat, gloves, scarf (depending on forecast—be prepared for the cold!)
- ☐ Weather-proof shoes (depending on forecast)
- ☐ Flashlight
- ☐ Homework or reading (for our ‘siesta’ and homework time!)
- ☐ Filled out registration forms!
- ☐ An open heart and a sense of humor!

**What NOT to bring:**

- ⊗ Your phones, ipods, video games, smartphones, etc (we will ask you to turn them off and put them away if you bring them!)
- ⊗ Any medication which is NOT yours, and for which you do NOT have a prescription.
- ⊗ Anything you would be heartbroken about losing or which is irreplaceable.
- ⊗ Weapons: this includes army knives, multi-tools, lighters, matches, etc.

**Any questions? Unsure? Email H. Mark Smith, [hmsmith@diomass.org](mailto:hmsmith@diomass.org)!**