

MAC Retreat Packing List - 2023

CLOTHING

- ☐ T-shirts/long sleeves
- ☐ Casual shirts
- ☐ Jeans/long pants
- ☐ Sweatpants
- ☐ Pajamas
- ☐ Sweaters/hoodies
- ☐ Coat/jacket
- ☐ Undergarments/socks
- ☐ Casual shoes/gym shoes
- ☐ Slippers/shower shoes
- ☐ Activewear/workout clothes

BEDDING

- ☐ Sheets/blankets/pillow
- ☐ Sleeping bag

TOILETRIES

- ☐ Toothbrush/toothpaste
- ☐ Deodorant
- ☐ Shampoo/conditioner
- ☐ Body wash
- ☐ Face wash
- ☐ Lotion/moisturizer
- ☐ Contacts/contact solution
- ☐ Hair brush/hair ties
- ☐ Perfume/cologne
- ☐ Feminine products
- ☐ Tissues
- ☐ Razor/shave gel
- ☐ Cosmetics
- ☐ Curling iron/flat iron
- ☐ Band-aids
- ☐ Hand sanitizer
- ☐ Bug spray
- ☐ Medication

MISCELLANEOUS

- ☐ Phone/other electronics
- ☐ Electronic chargers
- ☐ Wallet
- ☐ Debit card/credit card
- ☐ **Bible + pen/pencil + journal**
- ☐ Water bottle
- ☐ Backpack/purse
- ☐ Flashlight
- ☐ Umbrella
- ☐ Card games
- ☐ Laundry bag/plastic bag
- ☐ Towel