



## What to Bring

### What to Bring to the SWOTE Retreat

Use this checklist to help you pack. Use common sense when packing. If you know you'll need a certain item such as prescription medicine, bring it. A good rule of thumb when packing is to put together everything you *think* you'll need, and then bring half of it. Most of the stuff you think you'll need, you won't.

#### WHAT TO BRING

- Bible for quiet time
- Jacket and appropriate clothing for warmth and decency
- Comfortable shoes
- Sleeping bag and pillow
- Sleeping clothes
- Earplugs (some people snore)
- Toiletries: toothbrush, toothpaste, deodorant/antiperspirant, shampoo, etc.
- Any medications you take on a regular basis

#### WHAT NOT TO BRING

- Alcohol, drugs, drug paraphernalia, and tobacco
- Knives and weapons of any kind
- Inappropriate/suggestive clothing
- Makeup (you're already beautiful)
- Jewelry (can be lost, damaged, or stolen too easily)
- Electronics (can be lost, damaged, or stolen too easily) Best Advice: protect your stuff by not bringing it. Even though we're a church, don't give others the temptation to steal or "borrow" your stuff.

#### RECOMMENDED!

- Leave your cell phone, iPhone, and iPod at home or plan to leave it in the van. For those who bring a phone, I will be locking them in the van. Here's why. I'm not trying to be a jerk. I'm actually trying to protect your device and free you from distraction. Butler Springs has no cell service so you won't be able to get online. We want you to experience the retreat free from distraction and free from worry that your phone may get lost, damaged, stolen, or broken. Best advice is to protect your device by not bringing it. Trust me, you will survive without it.