Remember that our retreats are only 3 days and 2 nights. So, you don't need a whole lot. But also make sure you check what the weather is going to be like up in Flat Rock, NC. One year it snowed! So, you'll definitely want to pack some clothes to be warm in.

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Check out the list bellow and make sure you have all the essentials:

Clothing:

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* PJs. (something comfy)
* 2-3 sets of Day Clothes (clothes you would be comfortable in at the sessions and break outs, cafeteria and also recreation)
* a set of "play clothes" (IF the weather allows it, you'll want some clothes that you can play in. Tiger ball is a tradition and a must for newcomers! You'll want some 'gym' like recreational clothes you can run in)
* 3-4 pairs of underwear and socks.
* 2 pairs closed toes shoes
* (Optional) 1 pair of foot flops for the shower OR just walking in
* 1 sweater/jacket/hoody

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Bedding:

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* Sheets for a SINGLE mattress (BonClarken does not provide bedding)
* A blanket or sleeping bag
* A pillow

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Toiletries

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* A towel
* Toothbrush/toothpaste
* Shampoo/conditioner
* Deodorant
* Any other toiletry necessity

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SUPER ESSENTIALS

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* BIBLE (This should be the first thing you pack!)
* notebook and pen (The Mod Merch table will have notebooks for sale as well)
* Reusable water bottle
* Backpack to bring your things in
* (optional) Dorm Snacks

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DO NOT BRING

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* Weapons (firearms, knives...)
* Drugs
* Vaping devices
* Electronics other than a cell phone (depending on individual church's policies/rules)
* Lighters

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Medications:

* Each church has different policies on who holds the student medications. Please check in with your church leader to see what their church policy is.
* Please provide specific written instructions for prescribed medications and give it to the student’s overseeing Pastor/Director.

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