



ChurchOne

Young Adults Retreat 2026

Recommended Packing Items for Attendees

PERSONAL NEEDS

- ***Prescription medications***

CLOTHING

- Warm clothing/layers you are happy to wear outside
 - Underwear, socks
 - Base layer or thermals (optional)
 - Pajamas
 - Pants, shirt, jumper, jacket, etc
 - Water resistant jacket (optional)
 - Beanie and Hat
 - Camp shoes– Hiking boots/Enclosed shoes
 - Sunglasses

TOILETRIES

- Soap/Hand sanitiser
- Wet wipes
- Deodorant
- Toothpaste & toothbrush
- Towel(s)
- Hair brush (if applicable)
- Pocket tissues
- Sunscreen

BEDDING/CAMPING GEAR

- Waterproof tent or swag
- Bed roll and or Sleeping pad

- Sleeping bag and blanket
- Pillow

Optional

- Spare blanket
- Camping chairs or waterproof picnic blanket
- Spare Batteries (that fit the torch or headlamp)

MISC

- Torches/ headlamp
- Study tools: notebook, pen, bible
- Raincoat
- Waterbottle(s) filled
- Thermos (optional)
- Portable power bank/ Phone charger
- Dirty clothes bag
- Insect repellent

Female Attendees

- Feminine hygiene products
- Hair ties, headbands, bobby pins