

## Ripple Effect Service Retreat Packing List

- Clothes (modest, no inappropriate graphics), socks, underwear (enough for the entire trip).
- Sweater, jacket or fleece and pants for cool/colder evenings.
- One set of old clothes (long sleeves and long pants) and old shoes (which may get ruined) if you are caving.
- Modest swimsuit (Swimming may or may not be available).
- Footwear is required for swimming (unless in a pool). Flip-flops are not enough. Use sandals or old sneakers.
- At least 1 pair of tennis shoes or boots.
- Shoes and/or sandals for around camp.
- Hat
- Raingear: poncho or jacket (plan for rain).
- Personal toiletries (toothbrush, soap, shampoo, deodorant, towel, medication, etc.).
- Flashlight or headlamp with 2 sets of batteries.
- Reusable water bottle.
- Bug spray & sunscreen.
- Sleeping bag & pillow, ground pad (air mattresses are not ideal - too big).
- A small folding camp chair (if your group has room to pack them).
- Bible, notebook and pen (in a Ziploc bag is a good idea).
- Large and small plastic bags for dirty clothes & protecting gear from rain.
- Lifeguard card (if you are one: you can't lifeguard without it).
- A small daypack or bag to keep your daily items with you.
- Musical Instrument (i.e. guitar, drum).



### **DON'T BRING:**

- Valuables (your gear won't always be stored in secure locations)
- Cell phones, TV's, stereos, MP3 players, video games, etc.
- Your favorite clothing (will get dirty, torn, and most likely ruined).
- Junk food.
- Alcohol or drugs, firearms, pocketknife with blade over 2 inches long.
- Animals/Pets.

**Be Responsible!**

- \* You will be responsible for keeping track of your own stuff. ASM is not responsible for any lost, damaged, or stolen items.
- \* Any personal gear requiring special knowledge for use must be stored away from others.

**\*Community gear is provided by AdventureServe like tents, cooking equipment, general camping gear, food, etc.**