

Rhetoric Retreat Packing List

August 2023

PLEASE PACK LIGHT

The students are traveling to Southwind by bus.

Luggage: Think airplane travel. Everything must be packed in **labeled** suitcases or duffel bags. You may bring one big suitcase/duffel bag or two smaller ones. Pillows and sleeping bags must be packed in a suitcase/duffel bag.

Students should bring the following items with them to camp:

- **Sleeping bag or linens and a pillow—don't forget!!**
- Comfortable clothes: T-shirts, tank tops, shorts, and jeans.
- Swimsuit: girls should wear a one piece, tankini, or bikini with a rash guard or dark shirt.
- Towels for showers and swimming (thin towels are better than thick ones—they dry more quickly)
- Plastic bags to take home wet clothing
- Sneakers/socks for athletic activities
- Toiletries, including soap, shampoo, toothbrush/toothpaste, etc.
- Plastic or stainless steel water bottle
- Sunscreen
- Bug spray
- Sunglasses (optional)
- Hat (optional)
- Flashlight (optional)
- Bible
- Journal/notebook with pen
- Money for snacks from the fully-stocked camp snack bar

STUDENTS ARE NOT PERMITTED TO BRING CELL PHONES OR OTHER ELECTRONIC DEVICES.

Students will sleep in air-conditioned/heated dorms with bunk beds and bathrooms/showers, and will eat their meals in the camp dining hall. Please refer to the Southwind website for more information:
www.southwind.younglife.org.

STUDENT WITH ANY MEDICAL ISSUES AND/OR BRINGING MEDICATIONS

Please be sure to document medical issues and medications on the Medical & Consent Form on the website.

Medications: Please ensure that any over-the-counter medication sent with a student is in clearly labeled original packaging. If a prescription medication, it should be in the pharmacy container with name of student, name of medication, and correct dosing on the label. If the medication is to be given by the camp nurse, please bring the medication to Lou Jones on the morning of the retreat and she will make sure the medication is transferred to the camp nurse. For students with severe allergies: the student's epinephrine and action plan supplied to the school clinic will be given to the camp nurse for the retreat. We ask that students pack their "backpack EpiPen kit" into their luggage so that there is a second EpiPen for each student who needs one. Ensure that the "backpack EpiPen kit" is returned from their luggage to their backpack once students come back home.