



St. Francis Xavier Confirmation Retreat The Sacramental Life

Packing List

Bring:

- † Modest clothing - you will be asked to change
 - No cleavage
 - No mid-drifts
 - No tight fitting clothes (this includes **yoga pants and leggings**, or anything that is similar to these)
 - No undergarments showing (This includes bra straps and underwear)
- † Winter clothing, we will be outside from time to time
- † Pajamas
- † Towel and toiletries (toothbrush, deodorant, shampoo, etc..)
- † Sleeping Bag and pillow
- † Snacks – not a lot! (Nothing that needs refrigeration please!)
- † Water bottle

Do Not Bring:

- A bad or negative attitude
- Pocket Knives or lighters
- No alcohol, drugs, or tobacco
- No electronics: i.e. Radio/ ipod / mp3 player / Portable Gaming Devices/ Lap Top/ Kindle
- No Cell Phones – the adult leaders will have their cell phones in case of an emergency. This is a time to connect with God, to be present with Him and your friends can wait until you return home.
- Anything that will distract you or others from God or your experience of the weekend.

Any failure to follow the guidelines, you will be sent home and the retreat requirement will not be completed.