



Lighthouse

FAMILY RETREAT

Packing List

CLOTHING

Casual and comfortable. Please remember to wear clothes that are modest and appropriate for mixed company on a mission trip.

PERSONAL ATTIRE

- Shorts/pants
- T-shirts (short & long sleeved)
- Lightweight jacket/sweatshirt (Evenings can be chilly)
- Rain jacket
- Comfortable shoes, flip flops, tennis shoes, etc.
- Hat/visor
- Swimsuits: ladies, we require a one piece or modest tankini. Guys, no speedos please
- Neon clothing/fun accessories for our Unbirthday Party!
- Beachy clothing for our beach picnic (think Hawaiian shirts and leis)

TOILETRIES

- Shampoo/conditioner
- Body/facewash
- Glasses/contacts
- Toothbrush/paste/mouthwash
- Deodorant
- Brush
- Hand sanitizer
- Hand soap
- Aloe
- Hair dryer

- Prescription/over the counter medications

FOOD/SNACKS

- Protein/granola bars/beef jerky
- Food/snacks to supplement meal preferences
- Drinks – juice, Gatorade, etc. (no alcoholic drinks allowed)

BEACH SUPPLIES/OTHER

- Bath Towels
- Pillow/blanket
- Air mattress (sheets and blankets)
 - We recommend twin size
- Sleeping bag
- Bible/journal/pen
- Reusable water bottle
- Flashlight
- Phone charger
- Sound machine
- Beach chair/umbrella/towels
- Beach toys/games
- Sunscreen
- Sunglasses
- Bug spray
- Bikes, tennis racquets, fishing poles

REMEMBER: This is a recommended packing list from LFR. Feel free to add or take away as it fits you and/or your family.

*Please do NOT bring the following items on retreat: firearms, alcohol, drugs, pets. These are strictly prohibited on retreat.

*Please note our St. Simons location is set up with hotel style rooms and will only have a mini fridge and microwave. If you'd like coffee in your unit, please pack a Keurig or coffee pot.