



Lighthouse

FAMILY RETREAT

2026 Packing List: Epworth

CLOTHING

Casual and comfortable. Please remember to wear clothes that are modest and appropriate for mixed company on a mission trip. Epworth does not have laundry facilities on site. Please plan to bring enough clothing for your week, or Lighthouse can provide information on a nearby laundromat.

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 for UnBirthday - Wednesday Night (optional)
- Hawaiian themed clothes for Fun Night on the lawn - Friday Night (optional)

TOILETRIES

- Shampoo/conditioner
- Body/facewash
- Glasses/contacts
- Toothbrush/pastes/mouthwash
- Deodorant
- Brush
- Hand sanitizer
- Hand soap
- Bug Spray
- Sunscreen
- Aloe
- Hair dryer

- Prescription and over the counter medications (i.e. epi pen, inhaler, advil, allergy meds, etc)

FOOD/SNACKS

- Protein/granola bars/beef jerky
- Food/snacks to supplement meal preferences
- Drinks – bottled water, milk, juice, Gatorade, etc (NO alcoholic drinks allowed)
- Epworth has coffee available at breakfast. Bring your own coffee pot with coffee, creamer/filters, etc if you would like coffee in your room.

BEACH SUPPLIES/OTHER

- Bible/journal/pen
- Reusable water bottle
- Flashlight
- Phone charger
- Sound machine
- Pillow/blanket
- Air mattress (sheets and blankets) or pallet materials for kids
 - We recommend twin size
- Beach chair/umbrella/towels
- Beach toys/games
- Sunglasses
- Fishing supplies if you enjoy fishing (there is a pier for fishing)

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.