LYF Retreat Packing List - 2021:   
**Bring**: Bible, pen/pencil, **flashlight**, warm clothes (sweatshirt/jacket, shoes, socks, pants, long sleeve shirts - it will be COLD at night), sleeping bag or blankets/sheets, pillow, clothes and shoes that you don’t mind getting grubby (sneakers are fine), clean underwear, toiletries (toothbrush, toothpaste, soap, shampoo, lotion, etc.), towel, alarm clock, comb/brush, deodorant, PJs, prescription medications.

Please make sure you bring:  
Masks

Water Bottle

**You can also bring**: Any Boardgames or card Games, snacks, shower shoes or flip flops, bug spray, Purell®, playing cards, sports equipment (there is a football field, and basketball courts), camera and film (memory stick, charger, etc.), hair dryer, raincoat/umbrella, homework.

**Don’t even think about bringing**: illegal substances (drugs, alcohol, etc.), weapons of any kind (including knives), jewelry or other irreplaceable valuables, live or dead animals, CD players/MP3 players/iPods or anything that plays music, cell phones (not even for an alarm!), laptops/ TVs/video game players/portable DVD players/anything with a screen… or Anything that will DISTRACT or ISOLATE you while at LYF Retreat. Any contraband will result in confiscation and/or your early exit from LYF Retreat.

**Note**: ***We will be collecting students phones upon arrival at the retreat and returning them at the end of the retreat.***

We will be LEAVING church at **6:30 pm on Fri. 10/8**. We will return at **3:00 pm on Mon. 10/11**. Qs? Contact Jeremy MacDonald (978)489-8335 (Cell), jeremyang.mac@gmail.com. If anyone needs to reach you while we are there, Camp Spofford’s phone is (603) 363-4788.