



EPC Spring Retreat 2024 – Harvey Cedars

Packing List

Required

- Clothes for two days. Including:
 - Socks and underwear
 - Athletic clothes
 - Jacket/sweatshirt
 - Swimsuit
- Sneakers/gym shoes
- Flip flops/Shoes that can get wet.
- Towel for showers
- Towel for beach/pool
- Sunscreen
- Bible
- Pen
- Notebook
- Pajamas
- Toiletries (Shampoo, soap, deodorant, toothbrush, toothpaste, hairbrush)
- **Medications: Prescription medications should be in a plastic bag, labeled with dosage information and given to adult leader in cabin. Also, please inform leaders of any emergency items such as epinephrin pens.**

Recommended:

- Water Bottle
- Favorite Board/Card games
- Money for the snack bar – if you so desire.

Note: Unlike past trips, all of the bedding is provided (pillows, sheets, blankets). There is no need to bring sleeping bags or pillows.