

All-Church Retreat Packing List

The following are suggested items to bring. Please modify for your personal needs.

Devotional Items

- Bible
- Journal
- Pens and highlighters

Clothing Items

- Warm Jacket
- Layered clothing (cool/cold evenings and mornings, warm afternoons)
- Socks
- Sleepwear
- Comfortable Shoes
- Athletic shoes / hiking boots (Optional)
- Active wear (for sports, hiking, etc.) (Optional)
- Mask / Facial covering (3 pairs or more)

Laundry Bag (*optional - If you so choose to bring one, please do not bring a garbage bag as it can be mistaken during clean up)*

Hygiene Items

Hand & bath soap, pillows, towels, linens and bedding are provided by the Mt. Hermon (Welcome to bring your own)

- Shampoo / Conditioner
- Allergy Medications
- Hair Dryer
- Body Lotion (Mt. Hermon will not provide)
- Soap / shower gel
- Your medications / Doctor's Prescription
- Slippers
- Contact lens and solutions
- Toothbrush, Toothpaste, Floss

Miscellaneous

- Flashlight
- Alarm clock / Watch
- Cell Phone Charger
- Optional sleeping bag
- Sun hat / Sunscreen
- *Travel mug
- Water bottle
- Covid test kit (suggested one per person)

全教會退修度假營

攜帶物品清單

以下是建議攜帶物品。請根據您的個人需求進行修改。

靈修用品

- 聖經
- 日記簿
- 筆和螢光筆

服裝項目

- 保暖夾克
- 分層衣服（涼爽/寒冷的晚上和早晨，溫暖的下午）
- 襪子
- 睡衣
- 舒適的鞋
- 運動鞋/登山靴（可選）
- 運動服（用於運動、遠足等）（可選）
- 口罩（3對或更多）
- 洗衣袋*（*可選 - 如果您選擇帶一個，請不要帶垃圾袋，因為清理時可能會弄錯）

衛生用品

Mt. Hermon 提供沐浴露、洗手液、枕頭、毛巾、床單和床上用品（歡迎自備）

- 洗髮水/護髮素
- 過敏藥
- 電吹風（Mt. Hermon 不會提供）
- 潤膚露
- 沐浴露
- 醫生處方藥
- 拖鞋
- 隱形眼鏡和隱形眼鏡護理液
- 牙刷、牙膏、牙線

其他

- 手電筒
- 鬧鐘/手表
- 手機充電器
- 睡袋（可選）
- 太陽帽/防曬霜
- *隨行杯
- 水瓶
- 新冠病毒檢測試劑盒（建議每人一盒）