

Individual Packing List

- Bible, pen or pencil and paper
- Name and address of your prayer partners from home
- Casual clothes (limit any printed logos or saying to positive language and images);
 - Sleepwear (keep it modest, covering main body—there are no doors on cabins)
 - Warm sweatshirt / jacket (it **can** get chilly at night, though rare in summer)
 - Swimsuit (modest, please) and beach towel (summer May-Sept only)
 - Clothes (ones you don't mind getting messy; outdoor living is tough on clothes)
 - Work gloves (optional –we have gloves)
 - Rain Poncho
 - Hat
- Shoes
 - Close-toed shoes (for some light hiking and to protect your feet from mosquitos... something that's okay to get wet and/or muddy)
 - Sandals/flipflops (for showers and in gathering space)
- Personal grooming supplies
- Bath towel, wash cloth, soap, shampoo...
- Pillow, sleeping bag and a sheet (we provide hammocks for you to sleep in, but if you'd rather sleep on a floor, bring a sleeping pad/mat!)
- Insect repellent and sunscreen (very important!)
- Flashlight/ head lamp
- Camera (we will allow phones to function as cameras, but with guidelines)
- Water bottle (reusable)
- Personal medications/vitamins
- Cash for travel spending (there is a JAARS gift shop that may or may not be open... ask your leader for guidelines about other travel expenses)

What not to bring:

- Anything electronic (*consider this week a fast from electronics and other outside influences*)
- Prank paraphernalia
- Fireworks
- Alcoholic beverages
- Tobacco
- Drugs
- Firearms



Just as Important

- Bring a positive, learning attitude
- Come willing to be flexible
- Be open to the LORD as HE works in and through your mind, heart and life during your time with us.