

# Catholic Youth Winter Camp Packing List

**PLEASE BE SURE ALL ARTICLES ARE MARKED WITH YOUR NAME.** Lost and Found items will be held for 1 week after retreat.

## **Bedding**

*A twin sized bed with mattress (bunks) will be provided. Cabins do have heat.*

- Pillow
- Sleeping bag or bed linens and blankets

## **Clothing**

*Make sure clothes are weather-appropriate. We spend a lot of time outside so check the forecast before you come!*

- Winter coat, hat, and gloves are essential for a great time at Winter Camp! Snow pants are also recommended for outdoor play.
- Snow boots, and a second pair of shoes for indoors
- Casual, comfortable clothes (t-shirts, jeans etc.). See modesty policy on reverse.
- Appropriate sleepwear

## **Personal Hygiene Items.**

*There are showers and restrooms located in each cabin.*

- Soap, toothpaste, toothbrush, shampoo, conditioner, deodorant, etc.
- Bath towel and washcloth

## **Miscellaneous Items:**

- Facemasks & Hand Sanitizer
- Water bottle
- A small notebook/journal and pen
- Bible & Rosary
- Money for the Gift Shop and Snack Shack. Suggestion: \$25. *Note: Vending machines only take \$1 bills and quarters.*
- Camera (if desired). Disposable cameras are best.

**\*\*See reverse for important information on electronics, medications, food items, and modesty.\*\***

## **To make the most of CYWC, please be aware of the following policies:**

**No electronic devices on retreat.** (Yes, that includes cell phones!)

**Medications:** With the exception of asthma inhalers and EpiPens, no minor (under age 18) may possess any drugs (prescription or non-prescription) on their person or in their baggage at any time. Medications will be collected and distributed by the nurses.

**Modesty Policy:** Clothing is to be modest, dignified, and appropriately suited to retreat activities. Articles of clothing that display profanity, products or slogans that promote alcohol, drugs, sexuality, or indecency are not permitted.

- Men:
  - o Shirts are to be worn by men at all times except when appropriate for activity participation (paint/mud/water).
  - o It may be appropriate to wear compression shorts under loose fitting shorts to avoid awkward moments (climbing harnesses/ impromptu headstands/zipline inversions/living the adventure).
- Women:
  - o Spaghetti straps, short shorts, midriff-revealing shirts, and open-back tops are not permitted. Shirts that are considered undergarments are not permitted when worn as an outer layer. If sleeveless shirts are worn, they must not reveal the chest or bra.
  - o Shorts should have a minimum 5-inch inseam.
  - o Leggings/Yoga pants can only be worn if the hips and butt are fully covered by a longer top or an appropriate skirt.

**Food:** Please note that Damascus is a nut-free facility. For the safety of all our guests, do not bring any food/snacks containing nuts or processed in a facility with nuts. There will be plenty of nut-free snacks served throughout the weekend and available for purchase at the snack shack.

*Prepare for an adventure! We are excited to have you with us soon!*