

Immaculata Retreat Packing List

Be sure to label all suitcases/bags with your **First** and **Last Name**. Labeling can be done with tags or duct tape and then a sharpie written over it. (even label trash bags with pillows in it)

Prayer Items:

- **Completed Examination of Conscience!** (Come prepared for Confession!)
 - To prepare you can use any good App or [Fr. Mike's detailed version.](#)
- Rosary
- Chapel Veil (*Girls if you want*)

Shower/Sleeping Items:

- **Bedding is provided on each bed!** **If you get cold at night, maybe bring an extra blanket or a sleeping bag.*
- Towel for shower
- Soap/Shampoo
- Shower sandals
- Toothbrush/toothpaste
- Hairbrush
- Hair ties
- Deodorant

Miscellaneous:

- **Water bottle** (*so you can refill and drink water on retreat. Be sure to label yours*)
- Hand sanitizer
- Flashlight (*we discourage the use of cell phones*)
- *Glasses, Contacts, Solution*

Clothing:

Dress Warm!!- We will be outside for multiple outdoor activities during the day.

- Sneakers (*outdoor activities*)
- Jeans/Skirts (*leggings are considered undergarments*)
- Sweatshirt
- Winter Coat (Wear many layers! Cold outside!!)
- Hat & Gloves
- Raincoat
- Modest PJ's
- Underclothing and Socks