



ADVENTUROUS CHRISTIANS

Fall/Winter Retreat Packing List

Items TO Bring:

- Sleeping bag
- Pillow
- Sauna supplies:
 - Swimsuit (girls must have one-piece), towel, toiletries, flip flops (to walk down dock)
- Flashlight/Headlamp
- Adequate clothing for time outdoors
 - (if people are planning a winter day trip, please contact camp for packing info)
- Slippers for the lodge
 - (we leave our boots/shoes downstairs)
- Bible and books you want to read, journal
- Musical instrument!
- Prescription medications
- Fishing equipment and license (optional/seasonal)

Attention Skiers:

- Cross country skiing is an integral part to AC's program. We have equipment for use at no extra charge. However, there is a charge for use on the trails outside of our Bow Lake loop.
 - Gunflint Central Ski Trail System: \$18.00/day \$10/half-day
 - Banadad Trail: MN State Ski Pass required

Don't Bring:

- iPods, MP3 players, radios, cell phones (they do not work at camp)
- Laptops, tablets, iPads
- Computer hand games
- Pets
- Firearms
- Alcohol or tobacco

Special snacks are o.k. if you are willing to share them with the whole group. Regardless, there will be plenty of food during your stay!