

# WHAT YOU NEED FOR a SPSYC retreat

Sleeping Bag & Pillow  
Towel  
Toothbrush & Toothpaste  
Soap  
Shampoo n Stuff  
Warm clothes  
Extra clothes for just-in-case  
Closed toe shoes  
Rain Gear (in season)  
Medications / medical devices  
Flashlight  
Cash for Sunday worship offering