

# Supplies & Guidelines

## WHAT TO BRING

Bible, notebook & pen  
Enough warm clothing for 2 days/nights  
Hiking boots or sturdy sneakers & flipflops/sandals  
Bath towel & all toiletry items (soap, shampoo, toothbrush & paste, etc.)  
Rain jacket (& extra socks if it's real wet) & warm coat  
Spending money  
Sheets, blankets and pillows will be supplied

## WHAT NOT TO BRING

iPods, PSPs, or any form of CD/mp3 player/personal computer  
Anything that might qualify as some form of weapon or possibly injure someone (i.e., pocketknives, paintball guns, fireworks, etc.)  
Alcohol or Tobacco products  
T-Shirts or clothing with offensive slogans  
Candles or Fireworks

## GUIDELINES:

1. Students may not leave NORTHBAY property without an accompanying adult leader.
2. Boys are not permitted in girls' rooms and girls are not permitted in boys' rooms.
3. Students must end all scheduled "general sessions" in the Chapel.
4. Students must comply with the rules of curfew that are established each night by the retreat staff.
5. No pairing of in "couples" is permitted.
6. Students must respect and submit to all adult leaders.
7. Students must stay out of others' personal belongings and property.
8. Students must respect NORTHBAY property, facilities, and staff at all times.
9. Students must be present at all meals unless special permission has been granted by an adult leader.
10. No eating in the Chapel!

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