

SGPC Summer Retreat

What to EXPECT:
Participants should dress comfortably for the retreat! While we will be in air conditioned environments, we will be spending time outdoors doing team building activities. We will be staying in ***cabins*** overnight. This means, bunk house sleeping and communal bathrooms (separated by gender. You should review the list below for other items to bring with you.

What TO Bring:
Wear your school colors for the first day of the retreat. We’ll take a group photo at the beginning!
Pillow and sleeping bag or bed linens for a twin mattress
Towel, washcloth, soap and personal toiletries
Beach towel if you plan to swim
Flip flops or sandals for the showerhouse
Good outdoor closed toe shoes for outdoor activities and lightweight comfortable clothing
Bug spray and sunscreen
Any prescription medications, aspirin or ibuprofen
Notepad and pens
Signed photo waiver (sent electronically to you once you registered)
Signed behavioral contract (available electronically through the retreat website)
Biography for use on TBR website and at TBR meetings (available through retreat website)
 *Optional:* extra set of clothes for outdoor activities like canoeing, basketball, volleyball, etc.
Books, playing cards or other board games for use during free time

What NOT to Bring:

Cell phone use is **not allowed** in meeting sessions.
**Limited use** of laptops and personal computers in the meeting sessions.
Alcohol is prohibited throughout the duration of the retreat in accordance with your campus policies.
Personal friends, family, guests, or pets.
Personal tent/camping equipment