

WHAT TO BRING

- Clothing for 7 days (only 2 bags of clothing)
 - Work Clothes
 - Daily Clothes
 - Workout clothing
 - Church clothing (We are casual, so jeans/shorts and a shirt are perfectly fine.)
- Personal Hygiene Items
 - Tooth Brush/Tooth Paste
 - Mouthwash (Alcohol free or alcohol must be at least the fourth or more on the ingredient list.)
 - Body Wash/Deodorant
 - Towels
- Notebook
- Pens/Pencils
- Backpack (if possible)