

Bring List

The following items are things you will need to bring to TI:

- Casual, comfortable clothes: jeans, shorts, T-shirts, tennis shoes, sandals.
- Sweatshirt or long sleeve T-shirt (the retreat facility has AC and tends to be very cool)
- Pens/pencils (we'll provide notebooks and paper)
- Personal toiletries (soap, wash cloth, shampoo, toothbrush, toothpaste, and any other personal items of your choosing)
- Towels—for showering and bathmat
- Significant item — letter, book, picture, trinket, etc. — that represents a *memorable experience or an important person* in your life that you would feel comfortable sharing with the group. Give this some thought!

Optional items:

- Baseball, ball glove, Frisbee, football, fishing equipment & bait (there's a lake!)
- Books, magazines, etc. for leisure time reading
- Earplugs for sleeping
- Favorite blanket/pillow (blankets, pillows, and linens are supplied by Sojourn)
- Guitar or other musical instrument, sheet music (pianos are on site)
- Hair dryer
- Portable electronics (phone, phone charger, camera, etc.) — personal items will be your responsibility, mark them with your name and bring them at your own risk
- Small mirror for personal grooming (each bathroom has a mirror)
- Extra snacks, beverages or microwavable meals (Sojourn provides three meals per day, plus an evening snack)
- Sunscreen
- Water bottle

Participants will not need money during the retreat. All meals and snacks are provided, and there is nothing available for purchase on site.