

High School Packing List

* Pillow and blanket or sleeping bag
* Toothbrush, toothpaste, toiletries (no showers available)
* Bible and Rosary (optional)
* Pajamas or extra change of clothes (optional)
* Snack:
  + If your last name is A-M please bring something sweet
  + If your last name is N-Z please bring something salty
* Prescription medication (only those marked on liability form)
* A positive attitude because we are going to have a lot of fun!!
* Please **do not pack** cell phones, Mp3 players, iPods, or any technology.

**Location, Times**

Sign-In: 1pm, March 14

Sign-Out: 10am, March 15

Our Lady Help of Christians, 13370 MO-32, Ste. Genevieve, MO 63670

**Leader contact**

\*Alex Hermann 573-535-4150, VMY Director (retreat leader)

Mike Giasi 573-318-1633, VMY Director

\* If any contact needs to be made by a participant or parent of participant, please go through Alex.