



WHAT TO BRING

1. Bible
2. Pen
3. Notebook
4. Backpack – to carry your things around
5. Sleeping Bag/Air Mattress/Pillows and blankets - whatever you need for a sleepover
6. Toiletries
7. Towel
8. Shower Shoes
9. Comfortable Clothes (Clothes you don't mind getting dirty/sweaty on Saturday)
10. Comfortable Shoes (Sneakers needed for Free time on Saturday)
11. Snacks to share for Friday and Saturday night
12. **HIGS GYM WAIVER FORM (LINK ON WEBSITE)**