

# Mesa North Stake Retreat 2026

## PACKING LIST



### Clothing for 3 Days/2 Nights:

- Shirts
- Sweatshirt
- Hat for shade
- Pants/ Shorts
- Underwear
- Socks
- Pajamas
- Swimsuit (or get wet outfit)
- Watershoes (old tennis shoes)
- Raincoat & boots
- Close-toed shoes

### ***A note on what to bring from the Strength of Youth guide:***

*As you make decisions about your clothing, hairstyle, and appearance, ask yourself, "Am I honoring my body as a sacred gift from God?" Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny. Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future. Let moral cleanliness and love for God guide your choices. Seek counsel from your parents.*

### Toiletry Items:

- Toothbrush and toothpaste
- Comb/brush
- Medications
- Soap/Shampoo (????)
- Sanitary Items
- Sunglasses/Eye care items

### Sleeping Items:

- Sleeping bag
- Sleeping pad
- Pillow

### Other Items:

- Towels (bathing)
- Towel (creek)
- Scriptures
- Refillable water bottle (Carry with you at all times)
- Sun screen (multiple applications per day)
- Camp Chair (Very Important!)