

## SHOES

Closed-toe shoes such as sneakers or tennis shoes.  
Flip flops are okay, but only for the shower.  
No slip-on shoes are allowed on the ropes course.  
(Example: TOMs shoes, etc).

## CLOTHING

Comfortable clothes - jeans or shorts, T-shirts (long  
sleeved T-shirts), hoodies or a light jacket.  
Appropriate sleep wear.  
Raingear - rain slicker or umbrella  
Check the weather forecast before packing.

## BEDDING

Sleeping bag Pillow Blanket Pillow  
Bring whatever works best for you.

## LINENS

Towel and wash cloth  
(An old towel or beach towel is best.)

## TOILETRIES

Toothbrush  
Toothpaste  
Shampoo  
Soap  
Deodorant

## FOOD AND BEVERAGES

Most camps do not allow food or beverages in the  
cabins. Do not bring food or drinks with you.

We will provide plenty of great meals and snacks  
throughout the weekend. If you require special  
meals/snacks, do not hesitate to let us know so that  
we can see to your needs.

## ELECTRONICS

Do not bring expensive items with you to  
GKSLR, such as iPod, iPad, Kindle, Nook, smart  
phones or cash.

**GA Student Leadership Retreat is not responsible  
for any loss or damage to personal property.**

## OTHER NEEDED ITEMS

Water bottle  
Flashlight – if you have one.  
Small self portrait photo for your GKSLR  
mailbox.  
All forms sent to you by email, signed by a parent.  
All medications needed for the weekend.

## MEDICATION

- We will not collect medications; you are responsible for taking your own medicine.
- Be sure to list all medications on your medical form.

## FORMS

**Bring forms sent to you by email prior to the weekend.** A **medical form** and **community values form** is required. Both forms need a parent/guardian signature. If the camp you are attending requires a specific release form, it will be sent to you the week of the scheduled weekend. You can also find these forms on our website at [www.GeorgiaKiwanis.com](http://www.GeorgiaKiwanis.com).