

Removing Darkness: Training Retreat Checklist

- Bible
- Journal/pens
- Comfortable clothes (Friday & Saturday)
- Pillow
- Twin-sized sheets or sleeping bag
- Blanket or quilt
- Toiletries
- Shower shoes (if preferred)
- Towel
- Snacks & drinks* (if desired)
- Swimsuit for Baptism (if desired)
- Black shirt & shorts for swimsuit coverup

*Please no alcoholic drinks