

# Youth Event Packing List

## What do I need to bring to youth events?

- Sleeping bag or sheets/blanket and pillow, air mattress or foam pad (twin-size air mattresses only, please)
- Pajamas and changes of clothes for each day of an event
- Shoes and clothing that will allow you to fully participate in all activities. We recommend tennis shoes/athletic shoes, socks! and clothing that fully covers the 5 B's: backs, breasts, buttocks, belly, and boxers.
- Toiletries and a hand towel (there are usually not showers available, but you may want to wash your face, and you will definitely want to brush your teeth!)
- Instruments if you want to play along! Guitars, bass, drums, flute, violin, and keyboards are welcome.
- Your enthusiasm and fun spirits!
- A friend!

## Medications

For the safety of all students, all medications must be turned into the event nurse in the original prescription bottle (or over-the-counter bottle) at the time of registration. Students can get what's known as a "school bottle" from the pharmacy which has dosage and administration information for the event nurse if parents don't wish to send the whole supply of the medication.

## Cell Phone Policy

Elementary students may not have cell phones at youth events. Please leave them at home or check them in at registration. Middle School and High School youth are allowed to have their cell phones with them, and use them at designated times, *as long as it's not a problem*. If students do not follow cell phone policies, staff will confiscate the student's cell phone and return it at the next appropriate time to use it.

*We are currently asking Middle School and High School youth to check-in their phones during the day. They get them back after Compline each night and can have them until breakfast the next day.*

## What not to bring:

- Anything that might get you into trouble including toys, fireworks, weapons, alcohol, tobacco, pets, etc.
- Please don't bring any over-the-counter medicine, like Ibuprofen or Tylenol, we have that if you need it.
- It is recommended that cell phones, laptops, tablets, and video games as well as any other valuables, are left at home.

**Please note:** The Diocese of West Missouri is not responsible for items lost or stolen.