



# Iowa Chrysalis

## Caterpillar Packing List

### Must Haves

- Bible
- Clothes for Saturday and Sunday
  - Light layers
  - Comfortable
- Toiletries
  - Shampoo, conditioner, body wash
  - Towel
  - Washcloth
  - Deodorant
  - Toothbrush, Toothpaste
- Medications (in prescription bottle in plastic bag with name)
- Pillow, sheets, and blanket(s) OR sleeping bag
  - Mattress will be provided

### Optional

- Money (opportunity for purchases)
- Earplugs
- Notebook (journaling)
- Shower shoes
- Small flashlight

### Don't Bring

- Electronics
  - Cell phone (give to sponsor at beginning of weekend)
  - iPads
  - Computer
  - Watches
  - Etc.