

Kairos Packing List

Spiritual Life Center: Students will have a small simple room with a bed, desk and sink. They may or may not have a roommate. Each room has a restroom with a shower.

- Casual/comfy clothing (t-shirts, sweatshirts, sweat pants, jeans, shorts are ok, but ***shorts need to be finger tip length. No leggings, spandex, or other tight-fitting pants. Additionally, no crop tops or low necklines.*** While we want the students to be comfortable, we request that parents help ensure the packing of modest and appropriate clothing, as we will be attending Mass and adoration.
- Jacket or sweatshirt
- Showering & personal hygiene items: shampoo, conditioner, soap, deodorant, hair brush, toothbrush, toothpaste, (towels and wash clothes are provided)
- Rosary
- Optional: Bible, journal, prayer books
- One prepackaged individually wrapped multi-pack snack or drink to share with others. *NO nuts, please!
- Required medications (*Note! Must have “Authorization for Medication” form completed and signed by physician if medication needs to be given at the retreat. Please do not send meds to the school office. Medication will be given to school staff member upon check in for the retreat.)
- Phones and watches ***are not*** allowed.