

# **WHAT TO BRING TO EMMAUS DAYS**

## **SESSIONS I & II**

- Bible
- Rosary
- Dress clothes (Bishop's Mass)
- Casual clothes (Recreation & Athletics)
- Personal toiletries

*We kindly request that you leave all cell phones, radios, and other electronic equipment at home. All medication—prescription or non-prescription—must be in its original container.*

## **SESSIONS III & IV**

### **Required**

- Bible
- Rosary
- Toiletries
- Towel
- Pillow
- Sleeping bag
- Dress pants and shirt (Bishop's Mass)
- Casual clothes (Recreation & Athletics)

### **Optional**

- Change (soda machine)
- Money (snack shop)
- Bed sheet
- Bug spray
- Sunscreen

*Please do not bring cell phones, electronic or battery operated equipment.*

*(i.e., radios, clocks, fans, video games, flashlights, laser lights, etc.)*

*All Medication—prescription or non-prescription—must arrive in its original container. It will be collected by the nurse at check-in and administered by the nurse throughout the retreat.*