

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)
- Swimming trunks (Daily shower & Recreation)

Optional

- 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.