

## Wilmington Trip Supply List

Clothes: 2 outfits  
Pajamas  
Beach towel  
Swimsuit (tankini or 2 piece with a T-shirt)  
Sandals or flip-flops to wear to pool  
HEAR His Heart T-shirt (save to wear on Saturday)  
HEAR His Heart hoodie  
Jacket (warmer coat – dress in layers)  
Toiletries (deodorant, toothpaste, toothbrush, hairbrush)  
Snacks (non-sugary)  
Plastic bag for wet clothes  
Refillable water bottle  
Journal  
Pen  
Bible  
\$40 cash for dinner on the trip there and on the way home (put in a Ziplock baggie marked with your child's name)  
Air mattress or sleeping bag (if needed)

Please pack your clothes in a duffel bag or soft sided bag, if possible, to be able to fit all belongings in vehicles.

We will be staying at Staybridge Suites, 5010 New Centre Drive, Wilmington, NC.

**No usage of electronics or phones on this trip so we can focus on one another and build relationship. If your child brings their cell phone it will need to remain turned off and put away for the duration of the trip. We will provide time for your child to contact you each day to let you know how they are doing. We will also be sending you updates daily.**

If you need to reach your child for any reason you may contact Sharon Rowland at (704) 614-4474.

