



WHAT TO BRING TO LYFE

NECESSITIES:

- Bedding (pillow, sheets, blanket or sleeping bag)
- Towel
- Toiletries
- Hair care items (curling iron, hair dryer, etc.)
- Sweatshirt or jacket (can be cool in sessions!)
- Comfy pjs
- Umbrella
- Bible
- Mirror

FUN THINGS TO BRING (ESPECIALLY FOR FREE TIME!):

- Banquet outfit and dress shoes
- Exercise clothes for fitness activities (if you're interested)
- Favorite nail polish, nail file, and clippers
- Special body lotion and/or skin care
- Book or magazine
- Puzzle book (word search, Sudoku, etc.)
- Journal and pen
- Camera
- Money for Café (for coffee, specialty drink, or smoothies)
- Money for LYFE merchandise and souvenirs