

Packing List

Make sure you bring these items with you to the training:

- Medications
- Feminine hygiene products (if applicable)
- Bible, notebook & pen
- Light jacket and a sweatshirt
- Casual clothes
- Toiletries (toothbrush, soap, shampoo, shower shoes etc.). Bring them in a small bag is advisable, as there is a short walk to the bathrooms.
- Shoes for outdoor activities
- An extra pair of comfortable shoes
- Pants (Khaki tan)
- Leggings, yoga pants, or sweat pants for girls (**we will have self-defense classes**)
- Workout shorts, sweat pants for guys (**we will have self-defense classes**)
- Swimsuit (a modest one-piece or tankini for girls) and beach towel (**NOT NEEDED**)
- Cameras are allowed
- Sunscreen and Insect repellent
- Re-usable water bottle
- Plastic bags for dirty/wet clothing
- A great attitude and a heart to receive from God!

These items are NOT allowed:

- Pocketknives or weapons of any kind
- Snacks (we cannot keep food or candy in the cabins/dorms)

SOME RULES FOR SERE TRAINING

- We don't want very many rules! It is, however, always necessary to have a few!
- SERE Training t-shirt and a hat will be provided upon arrival!
- You are to wear them every morning, with khaki shorts or khaki pants. If you don't have khakis, jeans will work.
- Shorts can be no shorter than mid-thigh.
- You can change to your regular clothes for activities and for evening services.
- Girls, please wear modest tops with your shorts (which, of course, need to be no shorter than mid-thigh).
- Guys, you be modest, also!

Thank you, SERE Training staff