



List of Things to Bring

The Valley of the Mother of God

Clothing

- Warm pyjamas
- Slippers
- Indoor gym shoes
- Outdoor boots and/or shoes
- Warm coat
- Warm socks: 1 per day plus 2 extra
- Sweaters
- Long-sleeved shirt
- Tuque
- Mittens
- Scarf

Bedding:

- Linen (bed sheets)
- Pillow
- Cover
- Towels and toiletries

Personal:

- Bible
- Agpeya
- Tonia (for deacons), Esharp for girls
- Toothbrush and toothpaste
- Flashlight
- Towel and facecloth
- Soap
- Prescribed personal medication (if required)
- Camera (optional)



Do:

- Bring a smile and a good attitude
- Bring comfortable clothes
- put your name in/on all belongings that you bring
- Bring the necessary consent form(s)

Don't

- **don't bring** knives or sharp objects
- **don't bring** valuables which may be lost
- **Don't bring** mp3 or media players
- **Don't bring** portable video gaming devices or tablets

God Bless