



METROPOLIS OF  
SAN FRANCISCO

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SOUTHERN CALIFORNIA GOYA LENTEN RETREAT  
Valley Trails Ranch, Castaic, CA  
February 12-14, 2010

LIST OF ITEMS TO BRING

1. Comfortable shoes and clothes
2. Church clothes for Divine Liturgy on Sunday
- 3. BIBLE**
4. Rain coat/poncho (in case it rains)
5. Pajamas
6. Camera
7. Flashlight w/new batteries
8. Water Bottle!!!!
9. Toiletries (towel, toothbrush/toothpaste, comb/brush, lip balm, shampoo, soap)
10. Thermal Sleeping Bag
11. Pillow

Do Not Bring:

12. Money
13. Food/Snacks
14. I-pods, MP3's
15. Valuables
16. Weapons
17. Drugs/Alcohol

(Closed-toe shoes are required at ALL TIMES while at camp.  
Flip flops may be worn only while walking to the showers.)