

New Heart Packing List

- Please dress appropriately for the weather (Expected temperatures range from as high as ~80°F during the day and ~60°F during the night.)

Males

- Please no tank tops.
- Please no sagging pants.

Females

- Please no shorts or skirts shorter than 3 inches above the knee.
- Please no spaghetti straps or tank tops.
- Please no low-cut shirts or dresses.

Recommended Packing List:

- Bible
- Comfortable clothes for 4 days and 3 nights (socks, shirts, pants, underwear, etc.)
- Toiletries (toothbrush, toothpaste, floss, etc.)
- Towel
- Warm jacket and/or sweater/warm clothes
- **One set of semi-formal clothing (dress, slacks/nice jeans, dress shirt, etc.)**
- Flashlight
- Sleeping bag/Pillow
- Comfortable shoes/sandals

Please do not bring:

- Electronics (cell phones are ok)
- Drugs, alcohol, cigarettes
- Anything else that will distract you or someone else from the program

*****WE have a special request. At New Heart, we will ask you not to use and be distracted by your cell phone, tablet or other electronics. We will ask you to hand these items to us during the duration of New Heart so you will not be tempted to use them and be distracted.