



## 2025 YOUTH RETREAT PACKING LIST & DRESS CODE

Before you begin packing for the retreat, please keep in mind the following council from the first presidency and the “For the Strength of Youth” pamphlet, which we will be following for the retreat:

“Treat your body—and others’ bodies—with respect. As you make decisions about your clothing, hairstyle, and appearance, ask yourself, “Am I honoring my body as a sacred gift from God?” Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny. Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future. Let moral cleanliness and love for God guide your choices.”

“The Lord’s standard is for you to honor the sacredness of your body, even when that means being different from the world. Let this truth and the Spirit be your guide as you make decisions.”

Specifically, all youth attending the retreat are required to wear modest clothing and swimming suits and, therefore, are not permitted to wear any of the following:

- Short shorts
- Short skirts
- Shirts that do not cover the stomach completely
- Clothing that does not completely cover the shoulders
- Clothing that is low-cut in the front or the back
- Bikinis or Speedos, or anything else too revealing

### Packing List (Youth Retreat 2025)

- At least 4 sets of clothes you can be active in
- Shoes & socks
- Belt
- Hat & sunglasses
- Underwear
- Swimsuit
- 2 towels (one for swimming & one for showering)
- Toiletries – toothbrush/toothpaste, floss, deodorant
- Sunscreen
- Chapstick & Lotion (Utah is dry)
- Shampoo and other hygiene products
- Water bottle
- Chargers for mobile devices
- Scriptures
- Journal
- Pens/markers
- Money (\$10-\$15) for lunch
- Pillow
- Sleeping bag
- Sweatshirt
- Talent show supplies