



## Chapter 8: Renewal Through Retreat

# RETREAT PREPARATION CHECKLIST

INSTRUCTIONS: This checklist ensures you're spiritually and logistically prepared to fully engage in your retreat experience, making it meaningful and stress-free.

*Please ensure your responses fit within the text box provided.*

### 1. Spiritual Preparation

Task	Completed (Y/N)	Notes
Spend time in prayer or reflection		Focus on your hopes for the retreat
Set personal spiritual goals		Identify areas of growth or questions to explore
Read scripture or devotional material		Choose topics relevant to the retreat theme
Forgive and let go of distractions		Reflect on any burdens or conflicts
Write a journal entry about your expectations		Capture thoughts and intentions

### 2. Packing Checklist

Category	Items to Pack	Packed (yes or no)
Clothing	Comfortable, weather-appropriate attire	
	Pajamas, socks, and undergarments	
	Shoes for walking or outdoor activities	
Toiletries	Toothbrush, toothpaste, shampoo, etc.	
	Towel and washcloth	
Personal Items	Journal, pen, or notebook	
	Bible or devotional material	
	Medications (if needed)	
Extras	Reusable water bottle	
	Snacks (if allowed)	

### 3. Logistical Preparation

Task	Completed (Y/N)	Notes
Register for the retreat		Confirm payment and attendance
Arrange transportation		Carpool, public transport, or shuttle
Pack identification and retreat details		Include address, schedule, and contact info
Notify family or work of your plans		Ensure no interruptions during the retreat
Set an out-of-office message (if applicable)		For work or email responses

### 4. Mental and Emotional Preparation

Task	Completed (Y/N)	Notes
Identify distractions to leave behind		Commit to being fully present
Pray or meditate on open-mindedness		Prepare for new experiences and insights
Write a list of questions or concerns		Topics you hope to explore during the retreat