

What to Bring on your Guided Sabbathal

This is your time to rest, reflect, and reconnect with God.

Bring what helps you slow down — and leave behind what keeps you hurried.

Essentials

- **Bible** – for reading, reflection, and prayer.
 - **Journal, pen, and paper** – writing will be an important part of your time away.
 - **Clothing for 3–4 days** – comfortable, simple layers you can move and rest in.
 - **Warm clothes** – fasting and campfire evenings can make you feel cold. Bring a **jacket, hoodie, or sweater**.
 - **Walking shoes** – you’ll want to explore, walk, or pray outside.
 - **Medications or supplements** – anything you take regularly.
 - **Emergency contact information** – keep it easily accessible.
 - **Alarm clock (if needed)** – many choose not to use their phone.
 - **Phone and charger** – your phone is fine for emergencies, photos, or alarms.
 - **Tip:** keep it on **airplane mode** or **Do Not Disturb** to protect your silence.
 - **Headphones and charger** – for quiet worship or guided reflection.
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Provided for You

- A **private room** with bed, bathroom, and shower.
 - **Bedding and towels** are included.
 - **Fasting salts** to help with headaches or hunger during fasting.
 - **Chairs for campfire gatherings** and breakout times.
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Before You Arrive

- Bring a **list of allergies** (food, medication, or environmental).

- Pack **lightly** — keep it simple.
 - **Unplug early** if you can. Turn off notifications before you arrive.
 - If you use a Bible app or worship playlist, **download offline** versions in advance (cell service may be spotty).
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Leave Behind

- **Work and unnecessary electronics.**
- **Heavy reading material** that keeps your mind busy instead of still.
- Anything that keeps you connected to your normal routines.

This weekend is about detachment — from hurry, noise, and productivity.

Helpful Extras

These small items often make your sabbatical more comfortable:

- **Reusable water bottle** – stay hydrated during fasting.
 - **Flashlight** – for nighttime walks or heading to the campfire.
 - **Earplugs** – if you're a light sleeper.
 - **Simple snack for after the fast** – something gentle like fruit, yogurt, or nuts.
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Quick Packing Checklist

- Bible
- Journal, pen, and paper
- Comfortable clothing for 3–4 days
- Jacket or warm layer
- Walking shoes
- Medications or supplements
- Emergency contact info
- Alarm clock (optional)
- Phone and charger
- Headphones and charger
- Allergy list
- Reusable water bottle (optional)
- Flashlight (optional)
- Earplugs (optional)
- Snack for after fast (optional)

