

ITEMS TO BRING FOR 30 HR FAST

Have breakfast Saturday morning by 8:00.
Come to the YC at noon.

1. water or juice to stay hydrated. No milk or energy drinks.
2. pillow, sleeping bag, blanket. A cot or air mattress if you have one
3. Toiletries (toothbrush, toothpaste, deodorant) we do not have showers
4. games, music, or DVD (PG13)
5. church appropriate clothes
6. comfortable clothes to sleep in, and wear during the day.
7. YOUR SIGNED PERMISSION SLIP!!!