

Packing List and Emergency Contact Information



What to Bring For Your Stay:

- Bed linens: sleeping bag or linens for a twin or full size bed (most rooms have one full size bed, and the rest are twin)
- Personal toiletry items and towels
- At least 2 pairs of shoes, with extra pairs of socks. You should have good sturdy shoes or tennis shoes, as well as shoes that can get wet (for the creek). Sandals and flip flops are not allowed for certain activities (high ropes), so check with your group leader to see if your group will be participating in any of these activities.
- Clothes you don't mind getting dirty
- Flashlight
- Bug Repellant & Sun Screen
- Rain Jacket
- Jacket (it can get quite cool once the sun goes down)
- Bible, writing utensil, paper (if you would like to journal or use for your retreat)
- Camera
- An open mind with a spirit of community and fellowship

Please Do Not Bring:

- Items of significant value to you (electronics, jewelry, family heirlooms, etc.). NaCoMe is not responsible for lost or stolen items.
- Shoes and clothing you would not want getting dirty
- Gum or candy that may attract unwanted critters into your cabin
- Personal canoes, kayaks, or boats. A NaCoMe Lifeguard is required at our waterfront areas.
- Bikes, skateboards, or scooters without a helmet. We would love for you to ride your bike around camp, but you must be wearing a helmet if you choose to do so.
- Non-washable paints or other craft items that may damage or stain tables and floors in buildings. Please make sure all craft items are easy to clean up.

Emergency Contact Information

There is not any cell service in the main camp area at NaCoMe, including the cabins and meeting spaces. You are welcome to use the landlines in the Camp Office and the Dining Hall. You can also give out the following numbers in case someone needs to get in touch with you while you are at NaCoMe:

Dining Hall / Kitchen: 931.729.9969

Camp Office: 931.729.9723

For overnight emergencies, call Sam Moore's cell phone: 864.360.4928

Please feel free to contact the NaCoMe Staff at 931.729.9723 or retreats@nacome.org if you have questions about your retreat or your time at NaCoMe! We look forward to having you!