



CHRYSALIS PACKING LIST

For “Caterpillars”

** After working on many Chrysalis weekends, we decided to make a “checklist”. This list may or may not be of help to you, but we get a lot of requests for it. Enjoy your Chrysalis Flights!!!

- **Medication:** When you arrive on Day 1, please let one of the Assistant Lay Leaders (ALL's) know about any meds you need to take while at the Chrysalis Weekend. The ALL's will make SURE that you stay on schedule with your meds.
- **Sleeping Bag & Pillow,** sheets/blanket if you like. You will be sleeping in a dorm room on a bunk bed. The mattresses are for standard/single bunks.
- **3 or 4 Towels and Washcloths:** You will spend 2 nights at Chrysalis. Just in case your roommate forgets their towel/washcloth, it is MOST helpful if others have a “spare” to loan.
- **Flip-Flops / Shower Shoes (Optional):** The shower floors are concrete.
- **Toiletries:** Toothbrush, toothpaste, shampoo/soap, hair dryer, hair brush, Q-tips, “shaving items” if applicable. It is VERY CONVENIENT to have a small basket or a large zip-lock baggie for your restroom articles; you will be carrying these items from your bunk to the restroom. Plastic-type baskets work great for the showers.
- **Mirror (optional):** There will be electrical outlets near the bunk beds. It's just as easy to dry your hair or put on makeup at your bunk as in the restroom.
- **Clothing:** Bring enough changes of clothes in case the weather is unpredictable. Some folks are hot-natured & some are cold-natured. As a result, the temperatures may vary in the conference room. Pack clothes that would be comfortable for cool or warm weather. Bring a jacket, as you will go outside from time to time. DRESS FOR COMFORT (Work-out pants, shorts, T-shirts, Hoodies, Comfy jeans, extra socks, tennis shoes, sandals). Don't forget your pajamas!
- **Dirty Clothes Bag(s):** Large White Trash bags *with handles* (labeled with your name on both sides!!!) are EXCELLENT to have in your suitcase. It is suggested to put a smaller plastic bag inside the big one, for WET items (washcloths, towels, etc.). This is really helpful throughout the weekend. You can either pack the dirty clothes bag back into your suitcase, or you can have it labeled to tie to your suitcase when you pack up at the end of the weekend.
- **Ear Plugs (Optional):** If you are a light-sleeper, you might want these in case one of your roommates were to snore during the night. (???)

*** PLEASE LEAVE YOUR WATCH AND CELL PHONE AT HOME. These items take away from the Chrysalis weekend. Please commit your heart to Christ for this very special weekend, and be a good example to others on the Flight. The Chrysalis schedule is very organized, and the team will make sure that all is well while you are there. Thanks for your understanding & your cooperation!