

Emerge Empower Conference
3//5-6//10
What to bring!

Basic Items

- Bedding: Most people bring a sleeping bag and a pillow. If you plan on bringing sheets and blankets, the beds are twin sized.
- Towels
- Personal Toiletries (i.e. toothbrush & toothpaste, shampoo, etc.)
- We also highly recommend lip balm, sunscreen, insect repellent and sunglasses.
- Flashlight
- Daypack or back pack
- Water bottle (keeping hydrated in the dry mountain air is essential)

Clothing

- 1 - Jacket
- 2 - T-Shirts
- 1 - pair of shorts
- 2 - pair of long pants (sweats and/or jeans)
- Underwear and socks (enough for 2 days)
- Sneakers - located in the beautiful San Bernardino Mountains the terrain is not conducive to wearing sandals and flip-flops for general wear.
- Pajamas (It gets cool at night!)
- Hat, Scarf, Mittens/Gloves

Extras

- Bible, pen, paper
- Deck of cards/Board games (optional)
- Camera (the views are breathtaking!)

If you have any questions regarding what items to bring, please do not hesitate to call the church office at 760.804.8524, and ask to speak with Erica Reid.

Emergency Contact Numbers & Addresses

Mountains Community Hospital
29101 Hospital Road, Lake Arrowhead, CA
909.336.3651 (for general emergency – 911)

Pali Mountain
30778 Hwy 18, Running Springs, CA 92382
909.867.5743

Please note Pali Mountain is at an altitude of 6,300 ft and typically the temperature on the mountain is 10 – 15 degrees below that of Los Angeles and San Bernardino.

// For the latest weather and highway conditions please visit www.noaa.gov //