

# YOUNG ADULT REGIONAL RETREAT- PACKING LIST

## Important Information:

Retreat begins at Circle V Ranch Camp at 7 pm on Friday, March 20th 2026. Please email [sbcatholics@gmail.com](mailto:sbcatholics@gmail.com) if you will be arriving later. It is fine if you have to arrive later or leave earlier, just please let us know.

We encourage you to carpool with other young adults going. The roads are very narrow going up to the camp, so please drive safely.

Have **eaten dinner already** before you come on Friday night!

During this retreat, we will have incredible talks by Bobby and Jen about the charisms, meals together, time to explore the property, retreat activities, and a deep encounter with Jesus.

Retreat ends on Sunday, March 22nd, 2026 at noon.

For any questions about the retreat please ask:

- Anna Catherine Reed ([sbcatholics@gmail.com](mailto:sbcatholics@gmail.com)) 805-895-7987

## Retreat Location

You can use your phone to map to this address. We will also have signs guiding you!

When you turn off Highway 154, take the **left fork in the road** and drive for about **15 minutes**. It may feel like a long time, but keep going!

### Circle V Ranch Camp

2550 Highway 154

Santa Barbara, CA 93105

Phone: (805) 686-2696

## What to Bring

*Since we are going in March, nights will still be a bit cold, so pack accordingly! Please look at the weather before packing.*

### Necessities

- A device you can take the Called and Gifted Retreat discernment quiz on
- Sleeping Gear
  - Sleeping Bag or,
  - Sheets to fit a Twin Mattress

- Pillow and any Blankets
- Clothing
  - Clothes for Two Days
  - Warm Jacket for the Evenings
  - “Sunday Best” outfit for Mass (dresses, skirts, button-ups, khakis, etc.)
  - Tennis Shoes for walking
  - Shower Shoes (if you plan to shower)
- Toiletries & Personal Items
  - Toiletries (toothbrush, face wash, deodorant, etc.)
  - Towel (for showering and washing your face)
- Daily Essentials
  - Water Bottle
  - Flashlight (you need at night we are going to ask that everyone stays off their phones for the most part).
  - An open and trusting disposition and for a greater surrender :)

## Recommendations

- Weather Gear
  - Hat and Sunscreen for daytime
  - Beanie and Gloves for nighttime
- Free Time & Faith
  - Notebook, Rosary, or Book
- Practical Extras
  - Old-Fashioned Watch (we encourage you for the most part to have the retreat be a no phone time in order to reset)
  - Camera (if you’d like to take photos)
  - Any personal snacks! Please note any allergies or dietary restrictions when you register!

## Note

If you have **medication** you need to take or **severe allergies**, email Anna Catherine ASAP at [sbcatholics@gmail.com](mailto:sbcatholics@gmail.com).

If you have **dietary restrictions or allergies**, please also email Anna Catherine so the retreat center can make accommodations.

## Prayer

We are SO excited about this retreat and have been praying for you. If you have any questions or concerns about the retreat, please feel free to talk to us. We want you to feel comfortable and well prepared going into the weekend :)

As you approach your retreat, please pray this prayer with us:

Dear Lord, as I enter into this sacred time,  
may I feel surrounded by Your loving presence.  
In the quiet stillness may I hear You speak to me.  
In Your loving embrace, may I be restored.

Release me from all that pulls me away from You;  
My doubts, my fears, and my need to control;  
Noise, distraction, interruptions, and chaos;  
The need to be constantly “doing” instead of “being”

Fill me with all that draws me closer to You;  
Stillness, prayer, time to reflect;  
Connection with my companions on the journey;  
The simple wonder of knowing that You are here

Speak to me in the hushed quiet of prayer.  
Open my heart to your stirrings in my life,  
That I may let go of all that holds me back  
From the life you are calling me to

As I move out of this time of retreat  
Help me to carry this peace with me on the journey.  
May I be reminded at all times of  
Your presence, Your love, and Your goodness.

AMEN.