

ICAN Spring Retreat May 2026

INSTRUCTIONS

please keep this form for your records

PLEASE MARK YOUR NAME ON ALL ITEMS:

Campers bringing phones, cameras, watches, or other items that can be easily misplaced, do so at their own risk.

BEDDING IS NOT REQUIRED:

Bedding is included in each room.

MANDATORY PRE CHECK-IN

****Please bring all paperwork & medication to pre check****
If you do not show up to precheck you may lose your spot!

Where: 2375 Sepulveda Blvd. Torrance, CA 90501

When: Monday, May 11th 9am-5pm

Final Instruction: Drop-off for the retreat is at the ICAN Torrance site

Where: 2375 Sepulveda Blvd. Torrance, CA 90501

When: Thursday, May 14th at **7 pm**

(Please eat dinner before dropping off. Dinner will not be provided on Thursday night)

Pick up: We will be returning to ICAN's Torrance site on

Sunday, May 17th at approximately 11:00am (Lunch will not be provided)

CLOTHING AND PERSONAL ARTICLES REQUIRED:

(one suitcase for one weekend)

Please check the weather the week of the trip to be sure you have packed accordingly

1 Jacket	1 Pair of Pajamas	Toothbrush & Paste
3 Pairs of Pants	4 Pairs of Socks	Antiperspirant
4 Shirts (2 long, 2 short)	4 Undergarments	Comb/Brush
Sweater/Sweatshirt	Laundry Bag	Lotion/Sunblock
1 Pair of Shoes	Rain jacket (if needed)	Chapstick
Beanie/Hat	Umbrella (if needed)	Shower Toiletries