

Retreat Information & Guidelines

Registration

To register for the retreat, submit the Registration and Parental Consent and Liability Waiver form and **\$30.00 by Friday, October 12**. Registrations will be taken on a first come, first serve basis, due to limited space for overnight accommodations (40 teens max).

Cost

The fee for each participant is \$30.00 - covers retreat expenses, activities, snacks, meals, and drinks.

Cancellation

Registration fee is non-refundable after close of registration on October 12, 4:00 p.m. due to purchases made based on numbers registered.

Duration of the Retreat

Retreat check-in will begin at 6:30 p.m. on Friday, October 19, 2018 and will be in session until Sunday, October 21, 3:30 p.m. Important: If your schedule may not allow you to participate for the duration of the retreat, please contact your parish youth minister to discuss.

First Aid/Medication

For any medical or health issue, all participants should have completed the medical form. If a child needs medical assistance we will contact the parent, unless it is an emergency, then staff would seek immediate help for the teen. All medications should be in a plastic bag w/teens name, and directions - i.e. follow the bottle dosage. Prescription & over the counter drugs will be turned into Kara Tsuleff at check-in and will be administered by an adult chaperone.

What to Bring

Pack as light as possible.

Sleeping bag, pillow, small cot or air mattress	Toiletries, washcloth & towel
Sweatshirt and jacket for evening	Sun Block, Bug spray,
Bible, notebook and pen	Walking/Hiking shoes
Appropriate clothing based on weather (see Appropriate Dress and Speech below)	

What Not to Bring

- Valuables of any kind
- Alcohol
- Illegal drugs
- Tobacco Products
- Immodest clothing

Appropriate Dress and Speech

Clothing must cover all undergarments and midribs. Bikini tops, low cut tops, mini skirts, short shorts, leggings/jeggings/tight pants, or other inappropriate or profane attire are not to be worn at any time during the retreat. Shorts must be past the fingertips when arms straightened fully. Gentlemen are required to wear shirts at all times. Shoes are also to be worn at all times. Retreat leaders and adult chaperones are expected to communicate these expectations to the youth beforehand and to enforce the dress code. Foul and abusive language will not be tolerated.

Insubordination

All Youth are expected to follow the direction of Retreat staff and guidelines.

FIRST VIOLATION: A verbal warning

SECOND VIOLATION: Parent called and asked to pick-up their teen immediately. Teen will be removed from the retreat and supervised by a chaperone until parent arrives.

Housing Rules

- No persons of the opposite gender are allowed in the designated sleeping quarters.
- No noise after lights out and no leaving the designated sleeping quarters after lights out.
- Food may be eaten and kept in the rooms ONLY if there is no evidence of food afterwards.
- All participants must follow retreat chaperones' direction in the sleeping quarters at all times.

Food

All meals, drinks and snacks will be provided. Please list special dietary needs and/or food allergies on the Registration Liability Waiver Form.