

What to Bring...and what NOT to bring with you!

Basic Information & Expectations

1. Dress Code:

We ask that participants dress appropriately for the retreat environment. Clothing should not be distracting, suggestive, revealing or restrictive. For example, questionable or disrespectful pictures or images, distasteful language, tight clothing, or skimpy clothing is inappropriate. Participants who are inappropriately dressed according to the Retreat Center standards will be asked to change clothes, or the parents will be called and the participant asked to leave.

2. Behavior:

All participants are expected to exercise Christian conduct, respecting themselves and each other at all times. Common courtesy, good manners and polite language are the standard of behavior.

3. Sleeping Arrangements:

There are no individual sleeping rooms for the retreat. Honoring the parents of the Blessed Mary, the St. Anne room and the St. Joachim room are set aside for girls and boys respectively. Girls sleep in the St. Anne room with access to the girl's restroom facilities and showers. Boys sleep in the St. Joachim room with access to the boy's restroom facilities and showers.

What to Bring to the Retreat!

- Your Bible, YOUCAT, positive attitude, and a heart open to where God might lead you this weekend
- Sleeping Bag and a small pillow
- Towel and wash cloth
- Soap / Shampoo
- Toothbrush / Toothpaste
- Comb / Brush
- Other **necessary** personal items
- **Layered Clothing for cold and wet weather** - To ensure comfort and ease of movement during "icebreaker" activities, or during times when groups might sit on the floor, it is recommended that girls wear pants or other appropriate attire (rather than skirts).
- Water/Wind proof jacket for outside activities during the retreat

What NOT to Bring to the Retreat!

- **NO Phones or Electronics of ANY kind** - Cell phones, electronic games, computers, and headsets are NOT permitted during the retreat. Retreat leaders and Core Team will have cell phones and electronics for emergency preparedness and as may be required to facilitate the retreat experience. We will confiscate any electronics that we see for the duration of the retreat and only return them to the parent(s) at the end of the retreat.
- **NO Gum & Snacks of ANY kind** - No chewing gum is allowed due to the potential for inappropriate disposal. Our food coordinators will ensure that snacks are provided throughout the retreat weekend in addition to our regularly scheduled meals.