

# Confirmation Retreats

Arrive at First Church by 6:00pm on Friday. There will only be late night snacks provided on Friday so eat before you come or bring your dinner in a bag. On opening retreat we will return to First Church by 1pm Sunday, on closing retreat we will return by 5pm Saturday.

## Stuff to BRING

- Comfortable, casual, church-appropriate/ weather-appropriate clothing to be active in. Closed-toed shoes for hiking and running.
- Church-appropriate sleep wear (no baby-dolls or spaghetti straps please)
- Toiletry items including towel and washcloth (soap, shampoo, toothbrush, etc.)
- Pillow, Sleeping bag or sheets for a single bed.\*
- Flashlight
- Snack to Share Friday night (no food or snacks are allowed in the sleeping areas)
- An extra towel for sitting on outside.
- **IMPORTANT:** First Church medical release forms, copy of your insurance card and Latham Springs medical release forms must be completed and on file prior to departure. You may check with the Youth Ministries office to verify that you are current.

## WHAT NOT TO BRING

- Personal music/video devices (such as MP3, CD's, I PODS, or dvd players, etc)
- Electronic gaming devices (such as Gameboys, PSP, etc)
- Skateboards, in-line skates, Heelies
- Student cell phones
- Firearms, tobacco in any form, illegal drugs or alcohol

# MEDICATION

**All student medications must be in original, labeled containers.** With the exception of inhalers, students are **not** allowed to self-administer any medicines to include over-the-counter items such as aspirin, Tylenol, or the like. Place all medication in 1 gallon sized, labeled bag with dosing instructions. Medicines are to be given to youth staff before departure from First Church. A responsible adult will then administer meds when required throughout the weekend.

\*The lodge facilities are very similar to the facilities found at our Conference retreat center in Glen Lake.

There are no public phones readily available so please do not ask to have your child call home during the retreat. We will call home only in the event of an emergency or you may certainly call **Jennifer's cell phone** if you have an emergency, **512- 789- 4450**.