

Packing List (please read ALL of this!)

High School Fall Retreat

If possible...write your name on your stuff! We always have unclaimed things at the end. It is going to be pretty cold-please be sure to bring warm items!

Clothes:

- Warm clothes
- Gym clothes
- Socks and underwear
- Pajamas
- Comfortable, warm, closed-toed shoes
- Raincoat and/or small umbrella

Toiletries

- Shampoo
- Soap
- Toothbrush+toothpaste
- Washcloth/loofa
- DEODORANT

Other

- Bible
- Pen/Pencil
- Sleeping bag or warm blanket
- Flashlight
- Water bottle (there aren't extra cups around outside of meals for water-so this is essential!)
- ***the YMCA provides sheets, a pillow, and a towel for each person. However, if you want to bring your own, you certainly can.

Forms

- Hope Point Waiver-just complete online

Optional

- Watch (just a suggestion but helpful for following the schedule)
- camera (not a phone—see new electronic policy below)

Sending Money

- Students will need money for fast-food dinner on Friday evening.
- Students will need \$15 to purchase a t-shirt (this is a discounted price)

What NOT to pack

- No weapons, tobacco, alcohol, drugs, etc. (This includes pocket knives.)
- No aerosol sprays*, lighters, sparklers/poppers/firecrackers/etc. (*This means no AXE spray or scented deodorant sprays that can be used to make “stink bombs.” For reals.)
- No electronics. Yep, its true. See our new policy below.

Electronics Policy (also explained in Dan's short video online)

- No electronics, except for a camera. We don't allow ANY phones on our retreats or camps, not even for camera purposes.
- There are two options: 1. Leave all electronics at home 2. Bring electronics and give to Ginny Vangsnes before departure. Ginny will have a bag to keep all phones, etc. in her room. Your student will receive the device back upon returning to Hope Point Church. We are not liable for lost or damaged phones, etc.
 - The purpose of this is to remove the ever present distraction of media and devices. We want all our students to spend this time growing in their capacity to enjoy God and to know one another through temporarily removing such distractions.
 - Therefore, we are also not allowing video game consoles, iPads, iPods, kindles, headphones, and other things that would fall into the "electronics" category. This is a place where we humbly ask you as parents to trust us by encouraging your children to let go of these things for a few days. As far as phones and contact goes, the leaders will have their phones throughout the trip if you need to get in touch with your child in an emergency situation. We will include the YMCA camp's contact info below.
 - If you have questions or would like to discuss this further, please contact Dan or Ginny. We are expecting much fruit both socially and individually from allowing the students to disengage with their devices for the weekend. Thank you!

Dan: (404) 626-7840

Ginny: (864) 612-8603

Blue Ridge Assembly YMCA: (828) 669-8422 Hours: 7am-10pm