

The Good Life– What to Bring

We are so glad you are attending FIC student ministries retreat 2012 with us!

*What everyone **must bring**:*

- Winter Jacket (even if the forecast is nice we will be outside and in the mountains)
- A water bottle** (a large reusable one is preferred)
- A sleeping bag (or sheets and a blanket for a twin bed)
- A pillow
- A towel
- Any necessary medication or potentially necessary medicine.**
- Toiletries (there are none, not even soap, at the cabins). We suggest toothbrush and paste, shampoo, soap, brush/comb, and deodorant as a bare minimum (please bring travel sizes if at all possible).
- Clothes for 2 days. We suggest clothes that layer for the changing climate. You will have the retreat T-shirt for Saturday.
- Modest Pajamas.
- Athletic shoes or boots. We will be doing some activities outside.
- Glasses if needed

We recommend you bring if you already have them:

- A Bible and a pen
- Gloves and hat

*What **not to bring**:*

- Cell phones (there is no reception where we are going anyway)
- ipods, mp3 players or video games (**no personal electronics**)
- Anything to be used for pranks. These will not be allowed during this trip.
- Knives of any kind (including swiss army style)
- Cigarettes of any kind or tobacco of any kind, alcohol, drugs (or anything illegal or item used to do something illegal)
- Bad attitudes ☺

What to expect:

-Don't forget to meet at the church at 4:00 PM on Friday Feb. 4th!

- We will be eating at Family in Christ church before we leave to head up to the cabins.
- Every student will be placed in an age appropriate group with adult leaders. They will eat with and do activities with this group as well as be well cared for this way. Each group will also take turns helping with meal preparation and clean up.
- Every student will have a cabin assignment based on age and gender.
- Each cabin has at least 2 adult leaders.
- The cabins are heated and have modern bathrooms.
- We will return to the church at about 11:45 on Sunday Feb.6th.

If you need to reach us for any reason during the retreat:

Call Highlands Presbyterian Camp & Retreat Center at 303-747-2888 .

The camp is located in Allenspark, CO (NW of Boulder).

If you have questions prior to us leaving for the retreat please call Carrie Evans at 303-466-7770X205 preferably before Friday