

What to Bring, What Not to Bring

As adult leaders, we will try to make your retreat experience both peaceful and rewarding. To do your part to keep things running smoothly, please use the following list when packing for your retreat:

THINGS TO BRING

- ✓ Personal hygiene items – (soap, toothpaste, deodorant, etc.)
- ✓ Personal items that make you feel comfortable: i.e. slippers (highly encouraged), favorite blanket, sweatpants/shirt, stuffed animals, etc.
- ✓ Casual clothes and winter gear (you'll have the option to go outside)
- ✓ Flashlight
- ✓ Rosary or other personal prayer items
- ✓ If you play a musical instrument, please feel free to bring it along

THINGS NOT TO BRING

- ✓ Towels, pillows, sheets, sleeping bags (all linens will be provided by the retreat center)
- ✓ Homework
- ✓ Electronic devices
- ✓ Alcohol and/or any controlled substance
- ✓ Cigarettes/E-cigarettes/vaping materials or anything similar

Cell phones: Students who bring phones are expected NOT to use them during the retreat. The expectation is that all phones should be silenced and kept in rooms. Cell phones being used at inappropriate times during the retreat will be confiscated and returned at the conclusion of the retreat.

One more note about packing: please pack light! Your personal belongings should fit into one bag that will ideally be stored under your seat on the bus. Snacks will be loaded into a separate vehicle, so don't worry about where to fit those.

Finally, please respect the wishes of the retreat center and your adult leaders, and do not bring the things we have asked you to leave at home. The presence of these items will only distract and damage the experience for you and for your peers on retreat.

Thank you!

Retreat Preparation

Going on retreat is a special time to step out of daily routines, open up to God, and maybe learn something more about yourself along the way. Retreats are designed to give people mental space in order to be more attentive to God's loving guidance in their lives. As Catholics, we follow the model of Jesus and retreat to connect more closely with God.

In keeping with that idea, we encourage you to **leave the drama at home**. We all have "stuff" going on in our lives all the time, and chances are it will still be there when we come back. That doesn't mean we need to bring it with us on retreat though. We're giving you permission to make yourself unavailable to others during this time; what we mean by that is you don't have to check your social media feed, check your notifications, worry about what's going on at home or at school, and so on. You have permission to take care of yourself this weekend – the trick is that you have to allow yourself to get there, so take it as a challenge to step out of the "drama" that normally surrounds you and give some time to both yourself and to God. He loves you and wants some time in your life too!

Use that time for prayer – **prayer** is a powerful way to connect with God and experience his loving guidance. Encourage parents, sponsors, and others to pray for you while you are on retreat. We also encourage you to pray for a fruitful retreat experience prior to coming.

Retreat Guidelines

Facility: We want you to feel at home on retreat. Please treat the facility with the respect that you give your own home. Place all trash in waste cans and clean up any spills.

Food: All food and beverage that you bring is to be shared by the community.

Don't bring: alcoholic beverages, smoking/vaping/e-cigarettes, recreational drugs, guns, knives, weapons, fireworks, or pets of any kind are not allowed anywhere on the premises. Possession of any illegal substances or underage use of alcohol or tobacco will be cause for dismissal from the retreat, contacting of parents and/or notification of the local Police Department.

Curfew: Please follow the guidelines set forth for bedtime. A curfew will be imposed, and you are expected to be in your rooms as indicated by the Retreat Director. Girls are not allowed in the boys' rooms and boys are not allowed in the girls' rooms at ANYTIME during the retreat.

General behavior: Keep in mind that you are on a retreat; that being said, respect yourself, your parents, and others enough to conduct yourselves accordingly while you are on retreat. Be on time for talks and activities, listen to directions from the adult leaders, and do not display any disruptive behavior during the time when we're all together. Our leaders and retreat director (Brian) have an expectation that you will be fully present and accountable throughout our time at the retreat center. Any behavior that demonstrates otherwise will result in a dismissal from the retreat, which includes a call to your parents for an immediate pickup and a follow-up meeting with Brian to determine readiness for the sacrament. We will not tolerate disruptive behavior or a lack of respect for the rules above.

That said, please show **respect** to the adult leaders that are making this retreat possible. Many are giving up family time and have spent many hours to help plan this retreat for you. Take the opportunity to thank your adult leaders for being here at least once during the retreat – they are here for YOU!