



Summer Retreat 2010 Parent/Teen Information

DEPARTURE/CHECK-IN:

- Check-in are on **Friday July 30th, 2010 at 5:00pm**. Note dinner will not be served on Friday night, so teens please eat before you arrive for check-in.
- Medication needs to be checked in with the LifeTeen Core at check-in. Please label all medication with teen's name, dosage and frequency.

RETURN:

- Busses will return to Blessed Kateri at 3:00 pm on Sunday
- Please allow about 45 minutes for a closing session upon return. Parents we highly recommend that you and your families attend this closing session. It will include a summary of the retreat and sharing from some of your teens on their experiences over the course of the weekend.

RECOMMEND ITEMS TO PACK

- Clothes for three days - *We recommend that you pack clothes for at least one extra day as the Summer Retreat usually yields a water fight on Saturday.*
- Sweatshirt / Long Pants - *we may be outside on Friday or Saturday night and it may get chilly*
- Shoes / Sandals / Shower Sandals - *again, we recommend that you pack an extra pair of shoes just in case.*
- Pajamas / Sleepwear - *for two nights*
- Sleeping bag and Pillow
- Toiletries - *including toothbrush, toothpaste, shampoo, soap, deodorant, etc.*
- **TOWEL** - *teens always forget this item!*
- Sunglasses and Sunscreen - *It will be bright and hot during the day, we are in the desert.*
- Rosary and Bible (*if you own one*)
- Pen and Paper (*if you would like to journal*)

ITEMS NOT TO BRING

- **Cell Phones**
- **Ipod, mp3** or any other music playing device
- Any type of electronic device
- **FOOD** - Food is not allowed as it encourages wildlife invading the cabins. Note that this rule has been set down by the Saint Andrews Abbey Retreat Center.
- **Please note any items listed above will be taken and held for the weekend** Cell phones and ipods have become a **real** distraction during sessions over the last several retreats. We will return them upon arrival to Blessed Kateri

IMPORTANT PARENT INFORMATION:

- We are asking that your teens leave their cell phones at home, as they have become a distraction in the past. Four CORE members will be bringing their phones for **EMERGENCIES ONLY**. These core members will have their phones through the course of the weekend, except during sessions when they will be turned off. These core members will check voicemail immediately following each session.
- These Phone Numbers are:

Kelly Dunnahoo: (661) 755-2884
Maureen Dunnahoo: (661) 993-3929

Randy Johanson: (661) 755-4932
Ryan Campbell: (661) 510-1932