



# NORTH ACADEMY FRESHMAN/SOPHOMORE RETREAT EXPECTATIONS

**DO BRING:** Money for Wednesday night meal & Friday Lunch

**DO BRING:** a positive mental attitude and a well rested body

**DO BRING:** a sleeping bag, pillow, (blanket), wash cloth, towel, soap, deodorant, shampoo, toothbrush, comb, hairbrush, extra towels for swimming, etc.

**DO BRING:** your camera and extra batteries/memory, SUNSCREEN, BUG SPRAY, etc.

**DO BRING:** swimsuit (girls one-piece or two piece with a t-shirt), LONG PANTS, LONG-SLEEVED SHIRT, shorts, 2 pairs of comfortable shoes, lots of clean socks and underwear

**DO NOT BRING:** Valuables, electronics, video games, iPad, Fireworks, Weapons/Drugs/Alcohol.

**DO NOT BRING:** food, candy, gum, or sodas into your cabin areas EVER

**DO:** participate fully and energetically, cooperate, listen, learn, and have fun -respect property of retreat sites and fellow classmates - respect the needs of others for quiet and privacy

Retreats are school-sponsored activities. All school rules will be in effect, with the exception of school uniform. Dress for outdoor physical activity, but dress with moderation and in good taste.

Students are expected to follow the instruction of their teacher/chaperones and camp personnel at all times. Failure to do so will result in disciplinary action -- possibly even to the extent of sending the student home early. If such an extreme action becomes necessary due to the serious nature of the rule infraction(s), it is understood that any additional transportation cost becomes a student/ parent expense and responsibility.

**Questions or Concerns?** Please email Zac Brumbaugh at [zac.brumbaugh@leahnorth.org](mailto:zac.brumbaugh@leahnorth.org) or Lindsey Warneke at [lindsey.warneke@leahnorth.org](mailto:lindsey.warneke@leahnorth.org)

# Freshman/Sophomore Retreat Checklist

**Leave your computer, iPad, etc. AT SCHOOL, in your locker, or AT HOME.**

- We will leave North Academy around 4:30 PM on Wednesday.
- We will return to North Academy by 2 PM on Friday.

**Let us know ASAP if you have special dietary needs.**

**\_\_\_ Make sure that your school medical information form is in and up to date.**

Gather up these things and bring them to school with you Wednesday morning. Instructions on where to store the items will be given to you prior to the 16<sup>th</sup>.

\_\_\_ Bedding and a pillow (sleeping bags work great!)

\_\_\_ Towels, soap, shampoo, and other toiletries

\_\_\_ Bible

\_\_\_ Insect repellent

\_\_\_ Flashlight

\_\_\_ Water bottle

\_\_\_ Light jacket or sweatshirt

\_\_\_ Appropriate clothing for the challenge courses, including athletic shoes.

(Note that there will be times when you will be ABOVE other people on the ropes courses, so be selective in choosing your shorts.)

\_\_\_ Sufficient clothing for two days of running around outside in the heat  
(and enjoying educational and spirit-filled sessions in air-conditioned comfort)

\_\_\_ Extra pair of shoes (in case one pair gets muddy or wet)

\_\_\_ Money for Wednesday night meal & Friday lunch, soft drinks and camp T-shirts

\_\_\_ Swimsuit (Girls must wear one-piece suits or T-shirt over two-piece suits.)

Students are expected to adhere to all North Academy policies. If you have questions or other concerns, please contact Zac Brumbaugh at [zac.brumbaugh@leahnorth.org](mailto:zac.brumbaugh@leahnorth.org) or Lindsey Warneke at [lindsey.warneke@leahnorth.org](mailto:lindsey.warneke@leahnorth.org).