



# Freshman/Sophomore Retreat Expectations

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

**DO BRING:** a bible, and 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:** water bottle, flashlight

**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 Ken Delling at [ken.delling@lutherannorth.org](mailto:ken.delling@lutherannorth.org) or Chelsea Hook at [chelsea.hook@lutherannorth.org](mailto:chelsea.hook@lutherannorth.org)