



INFORMATION PACKET

RETREAT RULES AND REGULATIONS

- 1. NO DRINKING (how long can you go without water?)**
- 2. NO SMOKING (even if you are on fire)**
- 3. NO HOLDING HANDS (you'll have to hold feet)**
- 4. NO LAUGHING (this is a church retreat)**

OKAY, SERIOUSLY...

- 1. PLEASE BE ON TIME (that's why we have a schedule)**
- 2. LISTEN TO AND RESPECT THE ADULT VOLUNTEERS**
- 3. GUYS REMAIN IN THE GUYS CABIN, GIRLS IN THE GIRLS CABIN (NO hanky-panky)**
- 4. TREAT EACH OTHER WITH RESPECT, AS WELL AS THE STAFF OF THE CAMP**
- 5. DO NOT LEAVE THE CAMP GROUNDS**
- 6. REMEMBER THAT YOU ARE A SPECIAL YOUNG CHRISTIAN ADULT. ACT ACCORDINGLY, AND THESE RULES WON'T BE NEEDED.**

SPRING RETREAT SCHEDULE

FRIDAY, APRIL 25

5:00 PM	Meet at the Church to drop off students and fill out final registration forms
5:30 PM	Leave the Church for Shepherd's Fold Ranch
6:15 PM	Arrive, unpack, and get settled
6:30 PM	Dinner
7:15 PM	Session One
8:30 PM	Evening Activity- CheckPoint Charlie
11:00 PM	Lights out

SATURDAY, APRIL 26

8:00 AM	Breakfast
9:00 AM	Morning Activity
10:00 AM	Session Two
12:30 PM	Lunch
1:30 PM	Free Time (disc golf, archery, axe throwing, gaga ball, 9-square, basketball, etc.)
3:30 PM	SMALL GROUP BATTLE
5:30 PM	Dinner
6:30 PM	Evening Activity
7:30 PM	Session Three
9:30 PM	Campfire and S'mores
11:00 PM	Lights Out

SUNDAY, APRIL 27

8:00 AM	Breakfast
9:00 AM	Morning Activity
10:00 AM	Session Four
11:00 AM	Finish Packing, clean up, and load up
11:30 AM	Leave Shepherd's Fold
12:15 PM	Arrive at Jenks Church

PACKING LIST

What to bring

- Bible
- Notebook
- Pens/pencils
- Pillow
- Sleeping bag
- Sheets for bed (twin-sized)
- Toiletries (toothbrush, toothpaste, deodorant, shampoo, conditioner, sunscreen)
- Shower towel
- Reusable Water Bottle
- Tennis shoes
- Flashlight
- Clothes **and shoes** that you don't mind getting dirty/muddy (there is always a chance of rain in April in Oklahoma)
- Extra change(s) of clothes and shoes (clothes and shoes will probably get waterlogged or muddy throughout the day, so dry and clean clothes and shoes will be nice to have)
- Friends

What NOT to bring

- Weapons
- Drugs
- Alcohol
- Fireworks
- Tobacco products