

SENIOR HIGH RETREAT

Age: Youth grades 9 - 12 (as of fall '10)

Location: Living Waters Canoe Camp, 40 Cherry Mountain Drive, Macks Creek, MO 65786

Cost: \$25

Emergency Numbers: Kim Snodgrass 417-793-0780, Curtis Hamilton 816-529-5260

Arrival Time: Friday, June 25 – 7 PM

Departure Time: Sunday, June 27 – 12 Noon

Theme: Getting Connected.....with God's Creation. We have lots planned! Camping, canoeing the lower section of the Big Niangua River, swimming...."arts and crafts", games, prayers, ghost stories, night walks, and relaxation! We also hope to take advantage of some fun diversions Living Waters has available – including a cave tour! Spelunking is fun!

WHAT TO BRING!

- Signed Permission/Medical Release forms and fees** (unless already mailed) You cannot go canoeing without it!!!!
- Bring a sleeping bag and/or bedding for a twin size bed. We will be staying in cabins – not camping.
- Pillow (s)
- Lawn Chair**
- Clothes
- Shoes (**you'll need old tennis shoes or water shoes to canoe!**)
- Toiletries & towel
- Bible**
- Swimsuit and beach Towel
- Hat and/or Sunglasses
- Camp Chair
- Sunscreen, bug spray
- Flashlight
- Eye glass straps (just in case!)
- Spending money – As you travel you might consider bringing a small amount of money (less than \$25) to cover any meals or snacks on the way.

What NOT to bring:

Anything not allowed in our Covenant agreement

Electronic games: Because we are there to be with each other, the use of these optional restrictions will be limited to bedtime: Discmans, IPODS, MP3 players