

# 6<sup>th</sup> Grade Spring Retreat

## February 16-18 at Twin Rocks Friends Camp

Retreat is here!

I am so excited about the weekend before us. The Lord has set His heart to meet with us both personally and communally. Begin preparing your hearts now by seeking the Lord in prayer. Below you will find detailed information about the Retreat!

Pastor Jim and Pam

### **Preparing for Retreat:**

Below you will find useful information to help prepare you and your 6th Grader for Retreat.

### **Retreat Location:**

Twin Rocks Friends Camp  
PO Box 6 Rockaway Beach, Oregon 97136  
503-355-2284

### **Packing List:**

In a single medium size suitcase or sports bag pack- bring the following:

- Clothes for the weekend: shorts and T-Shirt/ Sweats/ Long-pants/ Socks and underwear/ extra sneakers/ PJ's/ slippers or thick socks
- Warm clothing for evenings and beach: Sweatshirt/ Jacket/ Stocking Cap
- Rain Jacket/ (Boots)
- Towel/ soap and shampoo/ deodorant/ flip-flops/ toothbrush and paste
- Flashlight
- Backpack for Bible, pens and pencils, Discipleship Journal (If you do not have a Discipleship Journal we will make them available to you at Retreat), Water Bottle
- Pillow and Sleeping Bag
- Blanket
- Sack Lunch for Saturday (In Backpack)

### **Do not pack or bring the following:**

- Gum/Snacks
- Candy/Food
- Extra money
- Magazines and books
- Cell phones
- Firearms and knives
- Tobacco products
- Drugs
- Electronic games or media/social media devices of any kind
- Skimpy or immodest or questionable clothing

### **Visitor Policy:**

All of our camps have a NO Visitor policy to ensure the safety of our campers, and to provide them with a week undistracted by “life away from home.”

**Medical Staff and Wellness Policy:**

There will be a professional nurse onsite and available 24 hours a day at camp. All medications are to be turned in to the nurse during the Saturday morning check-in at the church.

**Please note that the medical staff will regulate and administer all medications during the Retreat to both campers and staff.**

All campers are to be free of the following symptoms 24 hours prior to camp for participation. If your camper is ill on Saturday morning for Retreat, you need to keep them home and contact Pastor Jim at 503-351-1333 to let us know. **Once they are well you may bring them to Twin Rocks Friends Camp after contacting the Retreat nurse by calling the Camp at 503-355-2284 in order to receive permission to gain entrance into the camp.** As well, those who arrive at check-in with any of the following symptoms will be sent home:

- Fever
- Vomiting
- Diarrhea
- Contagious skin infection
- Lice

Should your camper become ill or injured at camp in such a way as to require home care, parents will be notified and are expected to come and pick up their child at the camp.

**Medications:**

All campers must turn in both non-prescription and prescription medications to the nurse during the Saturday morning check-in. Please help us safely care for your camper by following the guidelines for medications as listed below:

1. Place medication in a zip-lock bag with the campers name clearly printed on the outside and the baggie securely sealed.
2. Any and all medication must be in its original container.
3. Dosage given on prescription label will be followed and given unless changed in writing by your physician.
4. Over the counter medications are available at camp.
5. If you want your camper to receive a specific brand (i.e. Tylenol, Advil, Triaminic, etc.), you must check it in for your camper in its original container.

**Important Information to know and follow:**

- **Hydration:** One of the biggest causes of tummy aches and head aches at camp is the failure of campers and staff to drink plenty of water. With the change of diet for the week, plus the ongoing activities of the day, we all tend to forget to drink plenty of water through the day. To help with this challenge, everyone will be required to drink a full cup of water at every meal. We will also provide water stations around the camp.
- **Meeting Dietary Needs:** The Camp will provide Gluten Free, Dairy free, Vegetarian and Vegan options. The Camp is peanut free. Please indicate on your registration form what your campers dietary needs are.

- **Head Lice:** Please help us make sure that head lice will not be an issue at camp by talking with your camper about not wearing other campers hats, using someone else's hair brush, or resting or sleeping on someone else's pillow.
- **The Lake, Beach and Ocean, and surrounding properties:** The only times that campers and staff will be allowed on the Beach or near the Lake will be during morning devotions. We plan to be on beach for activities and evening Bon Fires. Due to the strong undertow we will not be entering the ocean at any time. **With safety as the top priority at camp, any camper who is found around the banks or in the Lake at any other time will be sent home immediately! Any camper that enters the ocean for any reason will be sent home immediately! Any camper or campers that wander off to surrounding properties will be sent home immediately!**
- **Emergency Contact Number:**  
Camp Office- 503-355-2284

## **Retreat Expectations:**

For the protection of all campers and staff please take measures to insure that your camper is well and ready for Retreat. Take time to talk with them about the importance of following all Retreat guidelines and expectations beginning with being Respectful, Responsible, and Ready at all times. Make sure that you and your camper read and sign the Rule of Life contract, making sure that they fully understand what they are agreeing to for the week. The signed contract will be turned in at the Deans table at check-in on Saturday morning.

## **Camp check-in Date/ Departure and Return Times**

**Check-In and Departure: Saturday morning, February 16th, at 9:00am in the Youth Ministries Building and West Parking Lot.**

At 9:00am, after parking your car in the west parking lot, take your 6<sup>th</sup> Graders luggage, sleeping bag, pillow to the check-in table. Sleeping bag, pillow/ blanket need to be enclosed in a large black garbage bag.

- Campers, with their parents, will then make their way through the check-in process stopping at each table to check in, then on to the Dean's table to turn in a signed copy of the Rule of Life, and finally to the nurses table to turn in any medication.
- Campers will use the restroom as needed then gather in the Youth Building with the Discipleship Leaders for final instructions before loading the bus.
- Campers and Discipleship Leaders will board the Bus with their Backpacks (sack lunch inside). There will be no eating on the bus. Nurse and Adult Leaders will caravan with the Bus to Twin Rocks.
- Retreat begins the moment the Bus departs Beaverton Foursquare.
- Travel time to Twin Rocks is approximately 1.5 to 2 hours.
- Buses will arrive at Twin Rocks Camp around 12:00 noon.

**Return Time: Monday afternoon, February 18<sup>th</sup> around 5:00pm**

- Buses will depart from Twin Rocks Friends Camp around 12:30pm
- We will be stopping in Tillamook at the Main Street Pizza Co. for lunch.
- Following lunch we will go to the Tillamook Cheese factory for Ice Cream
- We are scheduled to arrive at Beaverton Foursquare between 4:30 and 5:00pm.
- We will be unloading luggage in the west parking lot of the Youth Ministries Building.