

Dear Teens - (please keep this for your records)

We at Notre Dame have been praying for you for several months in preparation for this retreat. We ask you that you come with an open mind and open heart.

Check in is 5:00 p.m. by the Notre Dame bell tower on Thursday, April 15th, 2010
We will return April 18th, before the 11:00 a.m. mass

Things to bring

Bible

Sleeping bag or sheets, coverlet

Enough blankets to keep you warm

Pillow & pillowcase

Towels

Light Jacket/ pancho

Flash light with name on it.

Tennis shoes....NO SANDALS (very rough terrain)

Flip flops for shower use only

Comfortable clothing

Personal toiletries

Personal water bottle

Personal favorite snack (i.e. bag of candy or cookies)

Jeans for Church – will wear retreat shirt on Sunday

A positive attitude & an open heart

Things not to bring

IPods or MP3 players

Radio

Cd players or CD's

Fireworks

Jewelry

Watches

Cell phones

Alarm clocks

ALCOHOL or DRUGS

TOBACCO PRODUCTS

Helpful Hints

Large plastic bag (to carry sleeping gear, pillows and blankets)
Pack an extra one for your return home.