



Dear Retreater,

As we prepare to head to the beach for a weekend of study, reflection, and fun, let's do some preparing mentally and spiritually, too. Spend some time this week praying for and about our retreat. It will make a difference! While we have all sorts of recreational opportunities to choose from, let's remember our primary purpose - to grow through a better understanding of God.

What to Bring?

Linens

- Ⓞ Pillow and pillowcase
- Ⓞ 2 sheets (twin size) and a light blanket OR a sleeping bag
- Ⓞ Towel and washcloth
- Ⓞ Beach towel

Clothing

- Ⓞ Beach clothing/shorts/tennis shoes/sandals
- Ⓞ Rainwear and/or umbrella
- Ⓞ Swimwear
- Ⓞ Jacket (You will need it for the boat ride.)

Toiletries (toothbrush, toothpaste, soap, SUNSCREEN, insect repellent)

BIBLE (DON'T FORGET IT!)- Bring a pen as well.

Flashlight

Camera

Rainy day pass-the-time games!

Games: football, tennis racket, baseball glove, Frisbee, putter, golf balls, bocce

Remember This...

- Ⓞ Due to limited space, bring only **one** medium size suitcase and bedroll!
- Ⓞ Bring money for **two fast food meals** at mall (one going/one coming home). Don't pack this in your suitcase.
- Ⓞ You may want money for t-shirt. Caswell has a PX (post exchange/store) for snacks/drinks/etc.

What (Not) to Bring?

- Ⓞ If you want, bring your iPod/phone for the bus or late at night. These are not allowed out during the day at Caswell.
- Ⓞ Try and let most of this go for a weekend. Spend time with friends and God.

Don't Bring

- Ⓞ Stereo systems.
- Ⓞ Water guns/shaving cream/etc.
- Ⓞ Air horns

What To Do?

- Ⓞ Swimming and sunning
- Ⓞ Rites of Passage
- Ⓞ Volleyball, softball, football, tennis, miniature golf
- Ⓞ Discussion groups
- Ⓞ Campfire meditations
- Ⓞ Boat ride/dance

What time?

- Ⓞ We're leaving FRIDAY at 4:30 PM!
- Ⓞ **ALL RETREATERS SHOULD BE IN THE CHURCH PARKING LOT NO LATER THAN 4:15 P.M.!**
- Ⓞ We're returning MONDAY at 5:00 PM!

IN CASE OF EMERGENCY:

North Carolina Baptist Assembly at Caswell
(910) 278-9501 or (910) 278-9638

NO ONE WILL BE ALLOWED TO BOARD THE BUS WITHOUT A PROPERLY COMPLETED COVENANT AND SIGNED MEDICAL RELEASE FORM.

YOUTH MEDICAL INFORMATION AND PERMISSION SLIP

Youth's Name _____ Birthdate _____ Sex ____ Grade _____

Home Address _____ Phone _____

City _____ Zip _____

Parent's or Guardian's Name _____ Work Phone _____

Mother's Birthdate _____ Father's Birthdate _____

Contact Person Other Than Parent _____ Phone _____

* * * * *

Doctor _____ Phone _____

Insurance Company _____ Policy # _____

Allergies _____

Date of Last Tetanus Shot _____ Medications _____

Other _____

Medication Which Will Be Taken on Trip _____

Medical Problems Director Should Be Aware Of _____

Other Medical or Personal Information _____

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THE ABOVE NAMED YOUTH HAS MY PERMISSION TO ATTEND THE FOLLOWING EVENT:

Youth Spring Retreat to Caswell – April 30-May 3, 2010

with First Baptist Church of Asheville, North Carolina and to ride in the vehicles used by the church for this trip.

If a medical problem should arise while my child is on this trip and I cannot be contacted, I hereby give permission to the youth director or adult counselor to select a physician and/or hospital for my child's care. I hereby also give the hospital and physician permission to treat, and order injections, anesthesia, or surgery for my child named herein.

In the event of accident or injury, I do not hold the church or any employee or counselor responsible.

Parent/Guardian Signature

Date



First Baptist Church of Asheville

First Baptist Church of Asheville Youth Covenant

Name of Youth _____

To participate in **Youth Spring Retreat to Caswell: April 30-May 3, 2010** with the youth group, I promise to uphold this covenant by abiding by the following guidelines:

- To refrain from offensive, cruel, sexually explicit or otherwise inappropriate language, behavior, and dress.
- To respect all personal, public and private property. I understand that my family I will be responsible for any damage and repair costs.
- To refrain from use of possession of alcohol, illegal drugs, and weapons during an event, as well as travel to and from events.
- To fully participate in all scheduled activities. This means no use of personal electronic devices during planning activities at events, keeping to the schedule and obeying curfew policies.
- To live with careful consideration of my surroundings, group, community, and the world by attending to my health, my willingness to listen and learn and my openness to God's direction.
- To obey all other rules and regulations of hotels, camps, retreat center, etc., that pertain to a specific event.

I understand that if it is determined by my adult chaperones and church staff that I have broken the covenant in such a way that it is not recommended for me to stay at the event I may be send home and my family and I will incur the cost.

Signature _____ Date _____

Parent/Guardian Signature _____

5 Oak Street, Asheville, North Carolina • (828) 252-4781 • www.fbca.net

