

# 2017 Captivenia Winter Retreat

## Information Package

1. Important Dates and Times
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3. Emergency Contact Information
4. Packing List
5. Forbidden Items



### 1. Important Dates and Times

February 10 - 7:00pm - Start Winter Retreat

- Please eat supper prior to arrival

February 12 - 1:30pm Winter Retreat Ends

- Please do not leave with your daughter before signing out at 1:30pm

### 2. Directions to Retreat

The retreat is at Deer Valley Meadows Camp which is located close to Alix, AB, ToC oB) approximately 35 minutes E of Red Deer. (can also be found on google maps)

1. From Red Deer travel East on Hwy 11 for about 45 kilometers
2. Turn right (South) on to Range Road 230.
3. Travel for 1 KM (South). Deer Valley Meadows will be on the left.

### 3. Emergency Contact Information

The following cellular phone numbers can be used to get in touch with your daughter for urgent/emergent matters during the retreat. Voice mail messages will be checked regularly.

**(780) 671.1290 – Valerie Doran, Director**

**(780) 245.0430 -- Nadia Rhodes, Assistant Director**

## **4. Packing List**

1. Official Captivenia T-Shirt(s) (Mandatory)
2. Official Captivenia Hoodie (Optional)
3. Comfortable Pants
4. Water Bottle
5. Warm sleeping bag
6. Pillow and extra blankets
7. Fitted sheet for queen and single width mattress (participants may be assigned either)
8. Money (optional, we will have some logo-wear items on sale at the Retreat.
9. Warm winter coat
10. Snow pants
11. Warm winter boots (please make sure boots are suitable for outdoor activities, including snowshoeing)\*\*
12. Warm Sweater
13. Toque and Gloves
14. Warm winter socks (4 pairs minimum)
15. Warm Pajamas (optional, long underwear)
16. Journal or notebook and pens
17. Bible
18. Rosary (if you have one)
19. Underwear
20. Toiletries
21. Towel and Facecloth
22. Camera (optional)
23. Flashlight with Batteries
24. 1-2 Garbage Bags (for wet clothes and dirty laundry)
25. Supplemental food items if you have special dietary needs. Note that most meals will offer gluten-free and vegetarian options.

## **5. Forbidden Items**

DO NOT BRING personal snack food or drinks (arrangements can be made for medical reasons, but these will be stored for you)

DO NOT BRING cellular phones (we have a phone for emergencies only)

DO NOT BRING any electronic entertainment devices (ie. IPODS, PSP, etc...)

DO NOT BRING matches or other fire starting materials

DO NOT BRING knives or other blades