



## 2018 Captivenia Spring Retreat Information

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### 1. Important Dates and Times

March 16 - 7:00pm - Winter Retreat Registration Begins. Parents/Guardians are required to sign their daughter in with the Registrar before departing the property.

March 18- 2:00pm - Winter Retreat Ends. Pick up promptly at 2pm. Please be sure to sign your daughter out with the Registrar. Thank you.

### 2. Directions to Retreat

The retreat is at Deer Valley Meadows Camp which is located close to Alix, AB, T0C 0B0 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 kilometres
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) 227.5473 – Erica Chudyk, Assistant Director**

### 4. 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 any electronic entertainment devices (ie. IPODS, PSP, etc...)

DO NOT BRING matches or other fire starting materials

DO NOT BRING knives or other blades

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

\*\*Phones must be turned in upon registration and will be returned at end of retreat.

## 5. Payment Information

Please make cheques payable to **Catholic Kids Net, Inc.** and mail to

Captivenia,  
63 Discovery Crescent SW,  
Calgary, AB T3H 4R3

## 6. Packing List

- Official Captivenia T-Shirt(s) (Mandatory) Note: We currently do not have new Ladies T-shirts available for sale. For girls who do not have a Captivenia T-shirt, we will have gently used items available at the retreat,
- Official Captivenia Hoodie (Optional)
- Underwear
- Socks
- Indoor Shoes
- Comfortable Pants
- Warm Sweater or Hoodie
- Nice dress or outfit for Evening Banquet on Saturday (\*Not Medieval Gown)
- Water Bottle
- Toiletries
- Towel and Facecloth
- **Fitted sheet for queen and single width mattress. \*Required by Deer Valley Meadows. (participants may be assigned either size of bed)**
- Warm sleeping bag
- Pillow and extra blanket
- Warm Pyjamas (optional, long underwear)
- Warm winter coat
- Snow pants
- Warm winter boots (please make sure boots are suitable for outdoor activities, including snowshoeing)\*\*
- Toque and Gloves
- Warm winter socks
- Bible
- Rosary (if you have one)

- Journal or notebook and pens
- Flashlight with Batteries
- Garbage Bags (for wet clothes and dirty laundry)
- Supplemental food items if you have special dietary needs. \*\*Note that most meals will offer gluten-free and vegetarian options.