

# **Althoff Catholic High School: JUNIOR RETREAT**

A required spiritual component



## **HERE IS IMPORTANT INFORMATION YOU NEED!**

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1. A signed permission form is strictly required. A phone call is not an alternative.
  2. Arrive at ACHS on the first day of the retreat by 6:45AM for check-in. Don't be late! *The bus cannot wait for you.* We will return to ACHS around 5:30pm the following day.
  3. Pack clothing for very cold, rainy weather and sturdy shoes for hiking. Attire is comfortable and casual, but be ready for plenty of outdoor walking, even during the cold of night. One extra change of clothes and pair of shoes is strongly recommended. An umbrella or raincoat is a good idea.
  4. Bring your own: blanket/sleeping bag, pillow, towel, shampoo, and other toiletries. Each suite has beds, heat/AC and a bathroom/shower. (About 6 students to a suite).
  5. Special dietary needs (e.g. vegetarian, diabetic) must be told to the campus minister in advance. Special arrangements will be made.
  6. Optional Items: A water bottle is recommended. Fishing gear, sports equipment, or flashlight is fine. Instruments like guitars are highly encouraged! Electronics must be turned off camp at camp. Soda is available (bring quarters). You may bring DVD's for the bus (not rated R).
  7. Behavior that disrupts your retreat will not be tolerated. This includes but is not limited to SUSPECTED use or possession of tobacco/drugs/alcohol, entering dorms of the other gender, breaking curfew, or other retreat rules. Such behavior will result in the parent being called to pick-up that student immediately, day or night. Ensuring a quality retreat experience for every person is of highest priority.
  8. All medicines and prescription drugs must be "checked-in" with Mr. Bouc before leaving Althoff. Please have them in original bottles, accompanied by a parental note.
  9. Questions or emergency:  
Althoff Catholic HS: 618-235-1100 Camp Ondessonk: 618-695-2489.