

STONEBRIDGE RETREAT TO ROCKBRIDGE

(Grades 6 – 8)

The retreat is coming upon us quickly. All students in grades 6 – 12 will be departing from the Stonebridge parking lot on Tuesday, September 17 at 6:30 a.m. Please have the students here by 6:00 - 6:15 a.m. so that we can be ready to leave at 6:30 a.m. We will be returning by about 4:00 p.m. on Thursday, September 19. We will be retreating at Young Life Rockbridge Alum Springs in Goshen, Virginia. **The phone number for emergency use only is 540-997-9276.** Please make sure that you have completed the Rockbridge/Young Life Release Form and the SBS Permission form and returned them to Mrs. Walton in the main office. It must be filled in and signed by the parents before the students may go on the retreat.

WHAT TO BRING:

- Bible and notebook or journal, pen
- Single bed sheets and blanket or a sleeping bag and pillow
- Towels for showers and swimming
- Bathing suit (modest one-piece for young ladies)
- Comfortable clothes for outdoor sports (T-shirts, shorts, and jeans are allowed, provided they are in keeping with dress code standards.)
- Jacket or sweatshirt for cooler evenings and Raingear
- Comfortable shoes for running and climbing
- Toiletries (toothpaste, toothbrush, shampoo, soap,...)
- Last name begins with A – J:** Bring a case of bottled water (36 – 42 bottles please) to share. (Water only please)
- Last name begins with K – S** Bring a snack to share that feeds at least 20 people -cookies, brownies, chips, candy, crackers, etc. (Please wrap it well and do not bring dishes that need to be returned.)
- Last name begins with T – Z** Bring two 12 packs of soda or juice to share (NO water please)
- Money to stop at fast food for lunch on Tuesday during travel, **and** money for lunch on Thursday as we return home
- Flashlight, sunscreen, bug spray (We are in the woods a lot and need bug spray, so don't forget it.)

Please DO NOT Bring: Ipods, Ipads, or any other personal electronic devices. All reading material should comply with the StoneBridge Ethos Statement. Do not bring a lot of candy and junk food, as the meals provided are more than sufficient, along with the shared snacks. Do not bring shaving cream or other items for pranks. All cell phones must be off and not on your person during the entire retreat unless permission is granted by your mentor to call your parents. (There is little or no reception in the mountains.)

STONEBRIDGE RETREAT TO ROCKBRIDGE

(Grades 9 - 12)

The retreat is coming upon us quickly. All students in grades 6-12 will be departing from the StoneBridge parking lot on Tuesday, September 17 at 6:30 a.m. Please have the students here by 6:00 - 6:15 a.m. so that we can be ready to leave at 6:30 a.m. We will be returning by about 4:00 or 5:00 p.m. on Thursday, September 19. We will be retreating at Young Life Rockbridge Alum Springs in Goshen, Virginia. **The phone number for emergency use only is 540-997-9276.** Please make sure that you have completed the Rockbridge/Young Life Release Form and the SBS Permission Slip and returned them to Mrs. Walton in the main office. It must be filled in and signed by the parents before the students may go on the retreat.

WHAT TO BRING:

- Bible and notebook or journal, pen
- Single bed sheets and blanket or a sleeping bag and pillow
- Towels for showers and swimming
- Bathing suit (modest one-piece for young ladies)
- Comfortable clothes for outdoor sports (T-shirts, shorts, and jeans are allowed, provided they are in keeping with dress code standards.)
- Jacket or sweatshirt for cooler evenings and Raingear
- Comfortable shoes for running and climbing
- Toiletries (toothpaste, toothbrush, shampoo, soap,...)
- Last name begins with A – J:** Bring a case of bottled water (at least 36 – 42 bottles please) to share. (Water only please)
- Last name begins with K – S** Bring a snack to share that feeds at least 20 people -cookies, brownies, chips, candy, crackers, etc. (Please wrap it well and do not bring dishes that need to be returned. Individually wrapped items are best.)
- Last name begins with T – Z** Bring two 12 packs of soda or juice to share (NO water please)
- Money to stop at fast food for lunch on Tuesday during travel, **and** money for lunch on Thursday as we return home. High school students may also buy snacks in the Rockbridge snack shop each evening.
- Flashlight, sunscreen, bug spray (We are in the woods a lot and need bug spray, so don't forget it.)

Please DO NOT Bring: Ipods, Ipads, or any other personal electronic devices. All reading material should comply with the StoneBridge Ethos Statement. Do not bring a lot of candy and junk food, as the meals provided are more than sufficient, along with the shared snacks. Shaving cream may be used for the Great White Fight in the supervised area only. No other items for pranks are allowed. All cell phones must be turned off and not on your person unless permission is granted by a teacher to call a parent. No texting! (There is also little or no reception in the mountains.)