



Suggested Packing List

Bible and Pen

Pillow

Sleeping Bag and/or Bedding (twin)

Toiletries

Towel

Comfortable Shoes

Warm Clothing

Coat

Flashlight

Rain boots

Extra change of clothes

*Items to Leave at Home: All electronic equipment/accessories, (Cell phones allowed only for emergencies or to check in with parents)

Drop Off and Pickup

Parents, drop your fourth and fifth graders off at Morning Star between 5:30-5:45pm on Friday, April 13.

The Bridge 45 Retreat will conclude on Saturday, April 14 at 7:45pm. Please be back at Morning Star for pickup at that time.

Lodging and Meals

We will be staying in Canyonview's cabins. Bedding is not provided, so please have your students bring bed linens (for a twin size mattress) or a sleeping bag, pillow, towel & toiletries. Four meals are provided during our retreat (dinner on Friday, breakfast, lunch and dinner on Saturday).

General Retreat Schedule

Friday April 13

530pm	Arrive at church
6pm	Bus Leaves for Canyonview
630pm	Dinner
7pm	session #1
8pm	Group Games
915pm	Free time
10pm	Lights out

Saturday April 14

8am	Breakfast
8:30am	Small groups
9am	Free time
10am	Session #2
11am	Small groups
11:30am	Group games
12:30pm	Lunch
1pm	Free time
2pm	Session #3
3pm	Small groups
3:30pm	Camp project
5:30pm	Dinner
6pm	Closing Session #4
7:15pm	Leave for Salem
7:45pm	Parent pickup at church

During the Retreat

Retreat Guidelines

Please have your child(ren) follow these guidelines while attending the retreat:

1. Students are asked not to bring anything that might be a distraction to themselves or others. We want to remove distractions so that preteens can focus on spiritual matters.
2. All attendees must respect the retreat leadership. If anyone cannot respect the leadership, their parents will be contacted and the student will be sent home.
3. Every camper is required to follow the schedule and attend ALL small groups.
4. Everyone must dress appropriately. Everyone is expected to dress modestly at all times.
5. Students are to respect other students at all times. No bullying, teasing, or making fun of others.
6. All medical problems need to be addressed to the Bridge 45 Director immediately.
7. Campers are not allowed in the cabins without adult leader(s) or another student present. For the protection of students and leaders, there should never be a time when an adult leader is alone with any student during the retreat unless they are in clear view of other leadership.

If you have any questions, comments or concerns, please email me, Louie@mstar.church

If something comes up during the retreat time, and you need to get ahold of me, please call or text at 719-482-4490. We are so excited for the Bridge 45 Retreat! Thank you for having your kids involved. My prayer is that this retreat launches your kids and our ministry into a deeper understanding of who we were made to be!

Louie Schmitz, Bridge 45 Director