



# St. Leo the Great Youth Ministry Winter Retreat 2023

## **Packing List**

- Sleeping Bag
- Blanket/Pillow
- Towel
- Toiletries, shower shoes
- Warm, Comfortable & Modest Clothes
  - o No Skintight Pants, including leggings/running pants (they are not pants)
  - o No Sleeveless Shirts
  - o Nothing form-fitting or see through
  - o All teens must sleep fully clothed
- Tennis shoes and warm clothes for outside
- Hat/Gloves
- Water Bottle
- Church Clothes (For Sunday)
- Bible, Journal/Pen, Rosary, Spiritual Reading

## **DO NOT BRING**

- Cell Phones, Apple Watch, Air Pods, iPod, Tablet, Video Games, Laptop, etc.
  - o **Teens are not allowed to bring phones**, but the adult leaders will have phones and the students will be able to call home with our phones.
- Drugs, tobacco, vaping, alcohol, pocketknives, survival bracelets, weapons, etc.
- Homework
- Snacks (no food in rooms)

## **Departure and Arrival Details**

### **On Friday Afternoon, Feb 10:**

**Meet at Holy Spirit Catholic Church at 4:15pm (Mass at 5:00pm)**

**Address: 5121 Woodland Way, Annandale, VA 22003**

### **Return to Holy Spirit on Sunday, February 12 at 2:30pm**

(DYM's edit this to include your information)

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# St. Leo the Great Youth Ministry

## Winter Retreat 2023

### Rules

1. Do not go in the bay or near it.
2. Follow the dress code. (See Infographic!)
3. No purple: No guys in girls' cabin, no girls in guys' cabin.
4. No Phones....! Cell Phone Free Weekend!
5. Lights out means: Lights out.
6. No food in the cabins.
7. Be on time.
8. No drugs, alcohol, knives, etc. you have one opportunity to turn them over.
9. Drug Policy Includes: Prescription Meds (except Inhaler, Epi-Pen), over-the-counter meds. **Note: Must leave with assigned adult**
10. Be polite, considerate, and respectful: please and thank you.

**Modesty 101**  
What to wear and what to leave at home

**Yes!**

- ✓ Jeans
- ✓ Sweatpants
- ✓ T-shirts/ Long-sleeve shirts
- ✓ Sweatshirts/Sweaters
- ✓ Shorts\*

\*The "fingertip rule" - when your arms are relaxed by your side, the dress/skirt/shorts must extend past your fingertips.

**Nope!**

- ✗ Leggings
- ✗ Running Leggings
- ✗ Jeggings
- ✗ (Anything rhyming with leggings)
- ✗ Yoga Pants
- ✗ Tights as pants
- ✗ Crop tops
- ✗ Tank tops
- ✗ See-through clothing
- ✗ Clothing displaying violence or bad language