



UNDERGROUND WEEKEND PARENT PACKET

**FIRST
STUDENTS**

UPDATED 8/15/22

CHECK-IN

Students should arrive to the church by 8:30am on Saturday October 8th.

Families should make their way to the Gym where they will check-in, receive luggage tags, parent packet information, etc. Rented buses will be arriving at 9:15am and students will be dismissed to load the buses.

We will be departing promptly at 9:30am. Any student who does not arrive by then, who has not completed a Time Away Card indicating they are arriving late, will have to arrange for a parent/guardian to drive them to the retreat location. As a reminder, students are not allowed to drive themselves to the retreat location.

Schedule

SATURDAY OCTOBER 8

8:30am – Registration/Check-in
9:30am – Depart from Church
10:30am – Arrive at Lake Sallateeska
11:00am – Weekend Kickoff (Chapel)
11:30am – Life Group Introductions
12:00pm – Lunch
1:00pm – Unpack
1:30pm – HS Free Time
1:30pm - JH Mega Relay
3:30pm – HS Mega Relay
3:30pm - HS Free Time
5:00pm – Dinner
6:00pm – Worship (Chapel)
8:00pm – Life Groups
9:30pm – Bonfire
11:00pm – In Rooms/Lights Out

SUNDAY OCTOBER 9

8:00am – Breakfast
9:00am – Quiet Time/Personal Devo
10:00am – Worship (Chapel)
12:00pm – Lunch
1:00pm – HS Free Time
3:00pm – HS Rec
5:00pm – Dinner
6:00pm – Worship (Chapel)
8:00pm – Life Group
9:30pm – Night Time Rec
11:00pm – In Rooms/Lights Out

Monday, October 10

8:00am – Breakfast
9:00am – Closing Session (Chapel)
10:00am – Clean Up
11:00am – Depart
12:00pm – Arrive at FBCO

guidelines

Students are expected to follow these rules through the entirety of the weekend. Should a student consistently fail to follow these rules, parents will be contacted and students may be sent home without a refund. All adult leaders have been given the authority to help enforce these rules.

PHONE & ELECTRONICS

Students are allowed to bring their phones but are asked to leave other electronics at home. We ask that students refrain from using their phones during key times.

DRESS CODE

- Shorts for both guys and girls should be modest and cover appropriately.
- Guys should not be without a shirt outdoors or wear cutoffs that reveal their torso.
- Girls should not wear spaghetti strap shirts or ones that reveal cleavage.

SWIMSUITS

- Guys trunks should be at least 7 inches in length and fit modestly.
- Girls may wear a modest, one-piece suit without covering with a t-shirt.
- Girls may wear a two-piece swimsuit with a dark t-shirt.

PDA (Public Displays of Affection)

Students should refrain from PDA with other students (i.e. hand holding, excessive hugging, kissing, sitting on each other's laps, etc.)

Other Rules & Expectations

- Respect camp facilities
- Respect adult leaders
- Be where you're supposed to be and on time
- No guys in girl's cabins and vice-versa
- No swimming in the lake

Enforcement of Guidelines

- First Step - Student is given a verbal warning (re-explaining the guidelines, why its important, how it keeps them safe).
- Second Step - Should misbehavior or breaking of guidelines continue, student will be brought tto Mariano for a second verbal warning.
- Third Step - Should misbehavior or breaking of guidelines continue after step two, parents/guardians will be contacted and arrangments made for the student to be sent home without a refund.

packing list

Students may bring up to three bags: one suitcase, one carry-on (e.g. backpack) and one bag for bedding. Students will be provided three luggage tags upon arrival at check-in.

WHAT TO BRING:

- Physical Bible & Pen
- Appropriate clothing for weather
- Closed-toe shoes (required for Mega Relay & rec time)
- Toiletries
- Towels & washcloths
- Bedding or sleeping bag (twin size bunk beds)
- Pillow
- Water Bottle
- Money for Lake Sallateeska shop (snacks, shirts, etc.) - optional
- Snacks - optional
- Medication - (see below)

WHAT TO LEAVE AT HOME:

- Prank supplies (water balloons, silly string, etc.)
- Inappropriate clothing (see guidelines page)
- Electronics other than phones
- Weapons, including pocket knives

medication

Students will often need to bring their own medication for the weekend and as such, our guidelines have changed. Please follow the guidelines below:

OVER-THE-COUNTER MEDICATION

Any type of OTC medication can be kept with the student and does not have to be turned in on Saturday morning (e.g.: ibuprofen, allergy medication, etc.) as long as you believe your student will follow the instructions appropriately. If not, please turn in the medication to your student's group leader.

PRESCRIPTION MEDICATION

Any type of prescription medication needs to be turned in on Saturday morning (e.g.: adderall, diazepam, etc.) and a medication form should be completed. The medication will be given to their group leader and given to student when necessary.

CAMP NURSE ON SITE

Should there be any type of medical assistance your student needs, a retreat nurse will be on-site the entirety of the weekend. Please let us know if your student will need assistance that requires medical attention.

Food allergies

Lake Sallateeska's Policy Regarding Camper Food Allergies:

Because we cannot guarantee all food items served at Lake Sallateeska were processed or manufactured in allergen-free facilities, we recommend that campers or camp staff members who have severe food allergies bring ALL their own food items with them. Most lodging has a refrigerator that could be used for any food items brought for these camper.

Should a student provide all their own meals, the cost of food in the registration will be refunded to them.

MEAL MENU

Saturday Lunch - Chick-Fil-A Sandwich*, chips, fruit salad, KitKat chocolate pudding

Saturday Dinner - Pizza** (cheese, pepperoni, or sausage) salad bar, brownies

Sunday Breakfast - Scrambled eggs, bacon, French toast, cereal

Sunday Lunch - Hamburgers, French fries, fruit, salad bar, chocolate chip cookies

Sunday Dinner - Chicken strips, mashed potatoes, corn, green beans, roll, salad, ice cream

Monday Breakfast - donuts, muffins, sausage links, yogurt, fruit, cerea

*Those who listed a peanut or gluten allergy will be provided grilled chicken nuggets

**Those who listed a gluten allergy will be given a gluten free pizza

health

SICKNESS

Should a student show symptoms of a contagious illness, we ask that your student stay home so that other students do not get sick. In this case, a partial refund can be provided.

Should a student get ill during the weekend, parents will be contacted to discuss the best course of action. If a student is sent home, a refund cannot be offered.

HOMESICK

Students often experience homesickness on these weekends and request to leave early. Should this happen, parents/guardians will have to make arrangements to pick up their student, and a refund cannot be offered.

MEDICATIONS

If a student needs to take medication, please see the guideline on the previous page. Even if your student's medication isn't required to be turned in but you would like to, please make sure to complete a medication card at check-in on Saturday morning.

Time Away Cards

Should a student need to arrive late or leave early, parents must complete a time away card which informs us of the student's whereabouts. This is for the student safety and knowledge of their location. Students are not allowed to drive themselves to the retreat location and need to make arrangements for a parent/guardian to provide transportation.

questions?

**CONTACT US VIA EMAIL AT
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