

MCA High School Retreat

Quick Fact Sheet

Departure for Juniors & Seniors: Monday, September 17th arrive @ 6:40 A.M. to load and depart @ 7:00 A.M. Eat breakfast before arriving at school.

Departure for Sophomores & Freshmen: Tuesday, September 18th arrive @ 6:40 A.M. to load and depart @ 7:00 A.M. Eat Breakfast before arriving at school.

Arrival in Midland: Friday, September 21nd, approximately 4:00 to 6:00 P.M.
Lady Knights Volleyball District Game @ 6 pm at MCA

Location: Deer Creek Camp, Medina, Texas. Approximately 30 miles south of Kerrville, Texas

Activities: Staffed and supervised - High Ropes Course; Swimming; Canoeing; Free time activities; Basketball; Soccer; Ultimate Frisbee; Baseball; Volleyball.

Lodging: Cabins with adult chaperone

Transportation: (2) Charter Buses, (2) School Vans

What to bring:

- Sleeping bag or sheets and blanket, pillow
- Toiletries: soap, towels, washcloth, shower shoes
- Comfortable clothing
- Cooling towel (optional)
- Shorts and T-shirts
- Jacket or sweatshirt
- Insect repellent
- Swimsuit (girls-one piece with shorts; boys-shirt with swim trunks)
- Sunscreen
- Bible, pen, notebook
- Flashlight, camera, alarm clock (not cell phone), empty water bottle
- Work clothes/work gloves for camp clean-up day
- Money for Snacks-optional (\$1 bills please)
- Long shorts/pants for high ropes course

***Any **medications** the students are taking should be in a zip lock bag. Write the student's name and instructions on it. Give the bag to Mona Gilbert (school nurse) and she will distribute the medication on the retreat.

What not to bring: students are not allowed to have cell phones, ipods, ipads, etc. on the retreat