

Dear BLT Delegate,

PLEASE be aware if you are missing anything, Mrs. Killackey must have your information ASAP! Therefore, check the information carefully. The information is as follows: Last Name, First Name, Grade, Gender, Shirt Size, FORMS. Let me know if we have misspelled anything, or if we have entered any of your information incorrectly. Also, please check your cabin assignments. You are not allowed to move or switch cabins without permission from Mrs. Killackey.

If you turned in a medication form, make sure you bring your medication with you when you get on the bus. Put it in a plastic sandwich bag and put your name on it using a sharpie. Remember medication must be administered by the staff, just like at school.

The **WEEK** before the Retreat:

- Prepare your “Me in a Box.” Use a good sturdy shoe box or Rubbermaid box. You may decorate the outside as you wish. Make sure your name is somewhere on your box. Inside the box place five to six items that are symbols of meaningful events/experiences. These events or experiences should symbolize what has helped you become who you are today (they may have been difficult experiences, positive events, favorite memories, etc.). Try to think of things that have influenced your outlook or have truly impacted your life. Note: we recommend that you bring **symbols** and not prized possessions. In the chaos of the retreat, we don’t want you to lose anything near and dear to your heart.
- Make a list of 3-5 leaders who have inspired you to become a great leader/person/athlete/etc. They may be someone you know personally or could be a famous person. Be prepared to share who they are and how they have helped you along the way.
- Make a list of 2-3 quotes that are inspirational to you. Please know who said your quote & be prepared to share you quote with others.

Day **BEFORE** the Retreat:

- Pack your bags. See checklist on back.
- Leave this paper with your parents so that they have the camp’s emergency phone numbers. Cell phones do not work in the canyon.
- **SENIORS & JUNIORS**: Please bring 2 dozen salty snack packs & 1 case of water

- **SOPHOMORES & FRESHMEN**: Please bring 2 dozen sweet snacks & 1 case of water
- Get some SLEEP!! You'll need it.

Night BEFORE the Retreat

- Check again to make sure that you have everything packed.
- **Eat a solid dinner.**
- Get some SLEEP! You will need it!
- Arrive at the school no later than 4:35pm (We will not wait on you, so do NOT be late! We will not refund your money if you do not make it to the bus on time.)

Day OF THE Retreat

- **Eat breakfast.**
- **Eat lunch.**
- Check to make sure you have everything packed.
- Eat or bring dinner with you before arriving to the school.
- Arrive at the school no later than 4:30 p.m. (We will not wait on you, so do NOT be late! We will not refund your money if you do not make it to the bus on time.)
- If you have a 7th hour class, you may bring your stuff to school and keep it in the Stuco room. Please have someone or make arrangements to have dinner delivered to you at school.
- BUS WILL LEAVE AT 5:30 p.m. SHARP!!! If you have any medications listed on your Medical Form, give those to Ms. Debreon Davis.
- Everything you are bringing must go through a security check. (Expect your bags to be checked for "illegal" items!) Wait until the items have been checked before boarding the bus.

When you arrive at Canyon Camp:

- Make sure you get all of your belongings off the bus. The buses are immediately going back to Edmond.
- Drop your belongings off at your cabin.
- Get your "Me in the Box" and bring it with you to the Main Hall (tabernacle).
- When you get to the Main Hall, pick up your name badge and retreat book, sit down and GET READY FOR A GREAT WEEKEND!!

BLT Checklist

WHAT TO BRING

- Snack items
- "Me in a Box"
- List of leaders & quotes

- School appropriate clothing
- Pajamas (Modesty, please)
- Toiletries (Soap, Shampoo, Deodorant, Toothbrush/Paste, etc.)
- Medications listed on the Medication Form
- A jacket or hoody, just in case
- Tennis shoes...you will be walking outside a lot
- Sleeping bag or bedding including a pillow
- Towel
- A good attitude
- Positive Bulldog spirit

WHAT NOT TO BRING (School rules apply)

- Weapons or fireworks
- Drugs, tobacco or alcohol of any kind
- Water guns, balloons, etc.
- Inappropriate/revealing clothing (dress code applies)
- Extra money
- Anything else that might get you into trouble. This is a school-sponsored event...so if you violate a school rule during this retreat, punishment will be applied back at school.

Canyon Camp & Conference Center

31600 Camp Road

Hinton OK 73047

(405) 542-6967

Director: David

Email: canyoncamp@okumc.org

Website: <http://www.okumcministries.org/camps/canyon.html>

Cell phone service is terrible in the canyons. If there is an emergency and you need to contact your student or an EMHS staff member, please call David, the camp director, at the number listed above.