

# Attention Sand Dunes Students (and parents),

As we get ready for the upcoming Sand Dunes Retreat on August 19–22 there is some important information that you will need to be aware of before we depart.

## Before We Depart:

- ❑ The remaining balance for the retreat is due to RJ on or before Thursday, August 19th before we leave Faith. Checks can be made out to **Faith Lutheran Church**.
- ❑ Attached is a Medical Release Form. Everyone must complete this form and return it to RJ on or before the time we leave on Thursday, August 19th.
- ❑ If there are any special medical concerns that RJ needs to be aware of please call him at least one week before we leave and discuss those issues with him (this includes any food allergies). RJ's number is (248) 404-6246.
- ❑ You are only allowed to bring **one bag** for luggage (preferably a small duffle bag) so be sure to pack light. You are only there for 3 days and will not need excessive clothing. Please remember to bring a sleeping bag and pillow to sleep on (we will be sleeping in bunk beds in cabins provided by the camp).
- ❑ We do not recommend bringing portable electronic devices (Gameboy, Mp3 players, etc.); they will not be allowed outside of cabins and are your own responsibility if lost or broken.
- ❑ Cell Phones: You may send a cell phone with your student, but we cannot guarantee service during the entire trip. We are not responsible for any lost, left behind, or stolen cell phones. We will

also ask students to not make phone calls between 10pm – 8am to not disturb other campers or students sleeping.

- There is a phone at the camp and many of our stops, students may use those phones during free time if they like.
- Students will need money for a fast food lunch on the way to and from the Sleeping Bear Sand Dunes. This lunch should be around \$6 per meal.
- We plan on going out for an ice cream snack one night at Moomers Ice Cream, this should cost \$3–5 per person.
- Girls need a one piece swimsuit or a dark t-shirt to go over their bathing suit while at Lake Ann Camp.
- Bring an outfit that you are okay with destroying. We will be playing a very messy game (Crud Wars) one of the days and we want you to have clothes that you have no worries with getting ruined.
- Packing List for Sand Dunes Retreat:
  - Sleeping Bag
  - Pillow
  - Pajamas (sometimes it gets cold at night)
  - Bathing Suit (See note regarding one piece above)
  - Towel
  - Shower supplies
  - Clothing
  - Tennis Shoes/Socks
  - Sweatshirt
  - Jacket
  - Bug spray
  - Sun Screen
  - Flashlight
  - Bible
  - Camera's
  - Extra Money for gifts, snack foods, etc.

## **Departure Day:**

- You must be at Faith on Thursday, August 19th **no later than 9:30am in the student center (look for the Damascus Bus)**. Please make sure that they have eaten breakfast prior to arriving, lunch will not be until 12:00 – 12:30pm.
- We will be staying at Lake Ann Camp located in Lake Ann, MI. The camp's phone number in case of emergency is (231) 275-7329. Please leave a message for RJ Grunewald with Faith Lutheran Church to reach us. You may also reach us via RJ's cell-phone. This number will be available when we depart.
- Directions to the Campground will be available when we leave. You can access them yourself at <http://www.lakeanncamp.com/>
- We will be driving in a caravan with adult chaperones and the Bus transporting students throughout the week.

## **While at the Lake Ann Camp/Sand Dunes:**

- The following is a list of rules that we expect each student to follow. Breaking these rules will result in us calling a parent to come and pick up their child from the Sleeping Bear Sand Dunes at their own expense.
  - Be respectful of the other guests at the campground.
  - Be respectful of Leaders, other students, and all guests/staff wherever we are. (No cursing, dirty talk, etc.)
  - No wandering off alone. Students must always be in groups of 3.
  - Always let a leader know where you are going.
  - Go to bed when you are told to go to bed.

- Girls must wear one pieces or a dark colored shirt over their bathing suit while swimming at Lake Ann Camp
- It will probably be very hot out. Please remember to drink a lot of water. We will remind you often, listen so that you don't get sick.
- We have a zero tolerance policy for weapons, drugs, alcohol, smoking, etc. If you do anything questionable in this area you will be sent home.
- Stress the importance of being flexible and obeying any rules that are laid out. This trip is about the whole group and we may not be able to accommodate everybody's personal needs.

### **Departure Day:**

- We will pack up/clean on Sunday morning. We will depart the camp ground at approximately 10:00am.
- Students will return to Faith on **Sunday afternoon at 4:00pm.**  
After students have cleaned the vehicles that we took to the Sand Dunes they are dismissed to go home. Please have rides available at this time.

### **Other Parent Information:**

- When you drop off your student we will have available for every parent a map to the Camp Ground as well as an emergency phone number.
- The following is a basic schedule of our retreat:
  - Thursday, August 19th
    - Depart Faith - 10am

- Arrive at campground – 4pm, set up camp
- Dinner, Swimming, Tour the Camp
- Night devotions, worship, bed
- Friday, August 20th
  - Morning Devotions
  - Dune Climb
  - Zip Line, Water Activities, Capture the Flag
  - Night devotions, worship, bed
- Saturday, August 21st
  - Morning devotions
  - Crud Wars, Zorb, Water Activities, Octoball
  - Night hike, sunset worship and devotions
- Sunday, August 22nd
  - Pack gear, clean camp, leave
  - Arrive at Faith – 3:30pm – 4pm, clean vehicles
- Please stress the importance of the rules to your student before we leave. They are in place for their safety.
- We would greatly appreciate prayers for safe travel, a wonderful time, and that God would work in every student’s life throughout this trip.

If you have any questions please feel free to call us at (248) 404-6246.

In Christ,

RJ Grunewald

Middle School Minister

Damascus Student Ministries

(248) 404-624