

# KAIROS INFORMATION and PACKING SHEET

The team is *happy* that you are joining this KAIROS retreat.

Here is some information to help you get ready for and enjoy a great retreat experience.

- The retreat will be held off-site at the Carmelite Spiritual Center in Darien, Illinois. If your parents need to contact you in case of emergency, they may call the Main Office at school. (After 5:00 PM call 630-542-7511.)
- **You will be leaving school at 4:15pm on Tuesday.** All candidates should meet at 4:00 pm sharp in the Commons Area. You will travel together by bus to the retreat center; no one may bring a car. **The retreat will conclude Friday evening at around 7:00 pm.** Please do not make any commitments before then. Your parents have been informed about when to pick you up.
- **We do not recommend it but if you must leave your car overnight, please notify student services on Tuesday.**
- You must **dress** according to the school dress code on Tuesday of the retreat. You may go home to change if time permits between 2:30 and 3:45, or you may change at school during that time. Take along three days of casual/comfortable clothes for inside and outside wear. Consider packing an extra towel and clothes (if outside ball games occur during break, you will want to change).
- **Bring your own soap, wash cloth, and towels.**
- If you bring your **luggage** to school on Tuesday morning, please leave it in the **Commons Area.**
- If you play a guitar or other instrument, feel free to bring it with you. Also, take along an old volleyball, basketball, football, soccer ball, or Frisbee if you wish.
- Bring plenty of **SNACKS TO SHARE (Snacks are placed on a common table for all.)**
- **Bring a water bottle to refill**
- Textbooks should be left in your locker until you return on Friday evening. They should not be brought to the retreat center (you will not have time for them there anyway.)
- Recreation time is meant to be spent with other retreat participants. There will not be time for listening to listening to iPods or playing games—please do not take these items with you. Also, no cameras, magazines, books, etc.
- **No use of telephones is permitted during these three days, so don't plan to call or text anyone. Tell your friends who aren't on the retreat to leave you alone—LEAVE YOUR CELL PHONE AT HOME OR IN YOUR LOCKER.**
- This is a school sponsored function. **School policies regarding smoking and illegal substances will be enforced. With this in mind, there is to be no tobacco, drug paraphernalia or liquor on the grounds. This would be a most serious offense.** Do not spoil it for yourself or for all the other people who are taking part in this retreat or who wish to take part in it in the future. Any questions regarding this policy should be directed to the adult leaders prior to the retreat.