



DEEP FREEZE

Jr. High Retreat Schedule

Friday

- 4:30pm Leaving from Bethany Community Church by bus
- 8 – 9:30 Groups arrive and register in the Dining Hall
- 9:00 Snack
- 10:00 Welcome, Orientation, Worship and Devotional in the Chapel
- 11:30 Lights Out

Saturday

- 8am Breakfast
- 9:15 Chapel
- 10:15 “Chill’n” in church groups
- 11:00 Morning Activities – Snowmageddon
- 12:30pm Lunch
- 2:00 Afternoon Activities – “Great Arctic Quest”
- 4:00 Free Time
- 6:00 Supper
- 7:30 Chapel
- 9:00 Snack
- Free time
- 11:30 Lights out

Sunday

- 8am Breakfast
- 9:15 Chapel
- 10:15 “Chill’n” in church groups
- 10:45 Clean up & move out of rooms
- 11:45 Lunch
- 1:00pm Depart
- 5:00 Arrive at Bethany Community Church for pick-up

WINTER PACKING LIST

Deep Freeze Retreats

Essentials

Warm Clothing – sweaters, long underwear, extra socks, shirts, pants

Warm sleeping bag

Warm Pajamas

Winter Boots

Snow pants

Toque

Scarf

Mittens/gloves

Towel

Toiletries – shampoo, soap, toothbrush, toothpaste, hairbrush, deodorant,

Prescription Medication (if you would normally need it)

Bible, notebook, pen

Really Good Ideas

Indoor shoes or slippers (we ask you to take your winter boots off at the door)

Flashlight

Pillow

Skates*

Hockey Helmet*

**It's a really good idea to put your name on any equipment you bring up so it doesn't get mixed up with other retreaters.*