



Y O U N G A D U L T R E T R E A T

Arrival Friday 4-6 PM **Departure** Saturday at 7 PM

Speaker: Micah Self

Event Cost: \$65: Includes all meals, planned snacks, lodging, selected facility usage, program activities, and sessions.

Accommodations: Each cabin has several bunk beds that have comfortable twin mattresses and its own private bathroom and shower area. Don't forget your bedding!

Meals: Meals will be held in the dining hall. Our kitchen is equipped to provide well balanced meals for all our guests, and we do make accommodations for those with food allergies. Please indicate on your registration if you will need assistance with allergies, including gluten, dairy, lactose, nuts, etc. We *cannot* accommodate special requests if you do not have an allergy (such as Vegan/Vegetarian/Keto/Whole30). Campers with these lifestyle choices may bring a cooler with his/her name on it and coordinate with our Kitchen Supervisor.

On-Site Activities: Ugly Mug Coffee Shop and Gift Shop, indoor gym activities, outdoor activities (such as Climbing Wall and Zipline, putt putt weather permitted), delicious meals, and plenty of places to mingle, play board games, and have a great time.

Recent General Health Questionnaire: The first step in arrival for everyone- whenever you are arriving is turning your Recent General Health Form at registration and having a quick temperature check. We have forehead scanning thermometers. The RGHQ Form can be printed from the Young Adults website or completed at arrival to camp.

Packing List:

Twin-sized bedding or sleeping bag	Pen
Bible	Notebook
Pillow	Toiletries
Warm clothes for recreational activities	Towels

Dress Guidelines

CoBeAc Atmosphere - We maintain a conservative emphasis on conduct and attire. This is a casual retreat, and there is no expectation for ladies to wear skirts or dresses to each session though they are still welcome to do so. General guideline for men and women: Neck to the knees and loose.

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Tentative Schedule

Friday, October 1

9:45 AM Meet at Borchers
12 PM Break for Lunch
1 PM Head back to camp
4-6 PM Check in at Camp Office
6:30 PM Dinner
7:15 PM Session 1
8:45 PM Dessert in Dining Hall
9:15 PM Free Time

Saturday October 2

8:30-9:45 AM Ugly Mug Coffee Shop Open
9-9:45 AM Breakfast
10-10:45 AM Session 2
10:45 AM Free Time
11:15 AM Split Session
12:15 PM Lunch
12:45 PM Free Time
4:15 PM Pack up
4:45 PM Session 3
6 PM Dinner
7 PM Departure

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