Dear Kairos Student,

Welcome to Chaminade's Kairos Retreat! We hope that this experience proves to be both rewarding and enlightening for you. This retreat is designed to help you learn more about yourself, God, and your relationships with your family and friends. It is a time away to reflect and rejuvenate.

**TRAVEL INFORMATION:** Our retreat will take place at the **Mater Dolorosa Retreat Center 700 N. Sunnyside Ave. Sierra Madre, CA 91024 (626) 355-7188.** Campus Ministry’s direct phone line is (818) 347-8996.

**DAY OF DEPARTURE:** In the morning, you may drop off your luggage in Campus Ministry as early as 7:15am. The bus will depart from school at 2:45 PM. **Please report to Campus Ministry no later than 2:30pm to pick up your luggage and load the bus** (on even days, you will have an early-out from your last block). Please note, you will not be able to leave your backpack or computer in Campus Ministry.

**STUDENT CARS/PARKING:** We encourage you not to bring your car; if possible please get dropped-off at school on the day of the retreat. If you must drive to school, please make sure that your parking permit is displayed and you park in student parking. Do **NOT** park on the street.

**DAY OF RETURN:** We will be back to Chaminade after 7:00pm, depending on traffic. You will be tired; we recommend you do not make plans for after retreat.

**WHAT TO BRING:**
- A snack to share with the entire group (i.e. bag of chips, cookies, bananas, oranges, pretzels, etc.)*
- Toiletries (toothpaste/brush, soap, shampoo/conditioner, etc.) **Towels and bedding are provided by the retreat center.**
- Modest clothing (NO spaghetti straps, bare midriffs, or short shorts) for 3½ days (socks, underwear, shirts, shorts, pants/jeans, pajamas/night clothes). **If necessary, Retreat Director will provide change of clothes.**
- Sweatshirt or jacket for cool evenings
- Shoes (closed-toed) & flip flops for shower
- Any internal medications: prescription drugs, aspirin/Tylenol, cough syrup, etc. (We may not distribute any internal medication)
- You may want to bring a sleeping bag because the retreat house only provides one blanket and a thin bedspread.
- Refillable water bottle

*Please let us know as soon as possible if you have any special dietary needs.

**WHAT NOT TO BRING:**
- **NO Alcohol, drugs, cigarettes or any such items.** We cannot stress the prohibition against drugs, alcohol & smoking enough. **Anyone** bringing alcohol, drugs, cigarettes, e-cigarettes, vapes, etc. will be sent home from the retreat & referred to the Dean.
- **NO Homework, iPods, computers, electronic games, alarm clocks, watches.** You are going to want to focus on the retreat activities and can do without the distraction of these items.

**MANDATORY REPORTING:** Though confidentiality is stressed within the retreat setting; please be aware, leaders will follow the reporting policy for child abuse as outlined in Chaminade's Student/Parent Handbook. The safety and well-being of our students is a top priority.

**OTHER:** Retreats are school functions. Therefore, school rules are enforced (dress code, alcohol, drugs, “lights out” policy, etc.). Students choosing to violate rules may be sent home from the retreat, referred to the Deans, and/or put his/her continued attendance at Chaminade in jeopardy.

If you have any questions, before, during or after the retreat, please feel free to ask. We are happy that you’ve chosen to be a part of the retreat program and hope that you enjoy your experience. We’ll be praying for you!

*Blessings, The Campus Ministry Team*