**Hidden Lake**

**2018**

**Life Teen Camp Dr. Broom (Emergency Only)**

Hidden Lake **770-624-9224**  
Chattahoochee National Forest

830 Hidden Lake Rd.

Dahlonega, GA 30533

(706) 867-0592

[http://](http://www.campcovecrest.com/)lifeteen.com/camps/camp-hidden-lake/

**ELECTRONICS POLICY**

No electronics or phones are permitted on this retreat. This retreat is for our wonderful students to focus on their relationship with self, others, and Christ—with as little distraction as possible from the outside secular world.

Students will be permitted to use a chaperone’s cell phone at any time that they wish to check in with their parents. So, please answer your phone—even if you do not recognize the phone number.

Student’s may take disposable cameras. Additionally, chaperone’s will be taking lots of photos and sending them pack to SJN for posting on Facebook. Watch for some exciting photos of your children.

**MEDICATION**

* All prescription and over-the counter medication must be in its original container—no baggies. The pharmacy will print you an extra label and give you an extra container—if necessary.
* Medication will be administered in accordance with package instructions.
* All epi-pens, inhalers and student medicine from the SJN clinic WILL go with the students to Hidden Lake.
* Medication check-in will be Wednesday morning in the gym with Mrs. Wach.

**PACKING LIST**

* Sleeping bag or sheets and blanket
* Pillow
* Toiletry articles (shampoo, deodorant, soap, toothpaste, toothbrush, etc.)
* Towels
* Shower shoes
* Pajamas
* Under garments
* Comfortable casual clothing (no short shorts or tank tops)
* Sweatshirt, jacket, or hoodie—in case of cool mornings and evenings
* Good walking shoes for walking, playing, and hiking
* Socks and closed-toe shoes for the ropes course (required)
* Bible
* Personal single-serve snacks for the bus ride and retreat
* Water bottle (only water allowed on the bus)
* One piece of luggage and one sleeping bag (bed supplies) only
* One backpack or cinch sack for the bus trip that must fit under the bus seat

Girl Shorts Recommendations

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjv2b23vPfdAhXNylMKHQwzCPQQjRx6BAgBEAU&url=https%3A%2F%2Fwww.oldnavy.com%2Fproducts%2Fdenim-shorts-for-women.jsp&psig=AOvVaw2lVo_EP9jJcq84PZ2WL-Js&ust=1539109656425881)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjO3M73vPfdAhUQu1MKHf4oDKQQjRx6BAgBEAU&url=https%3A%2F%2Fnz.pinterest.com%2Fpin%2F112027109471214904%2F&psig=AOvVaw0pP_rjxpNQ81OzwSmMgXW5&ust=1539109789316345)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjsqsvIvffdAhUKuFMKHWOMB8QQjRx6BAgBEAU&url=https%3A%2F%2Fwww.aliexpress.com%2Fitem%2FWomen-2-pices-Running-Shorts-Athletic-Yoga-And-Beach-Volleyball-Compression-Shorts-Training-Boxer-Trunks-New%2F32809740631.html&psig=AOvVaw28-qEAf14-Xt8V6yofyR8V&ust=1539109890683419)

**OVERVIEW**

Wednesday

* Students do not go to homeroom.
* Students being dropped off prior to 7:45 am must go to the cafeteria with all retreat belongings. At 7:45 am the students will be released to the gym.
* Beginning at 7:45 am, parents may park in the church-side parking lot next to gym to unload and drop off a child. Report to the gym with all belongings. Make sure student name is on EVERYTHING.
* Departure from SJN = 8:30 am
* Ride time = 2 hours
* Chaperone phones are available to any child wanting to check in with parents. Parents—it may be an unfamiliar phone number on your caller ID. Please make sure you answer your phone.
* Chaperones will be taking photos that will be posted on SJN’s Facebook page. Continue to watch SJN’s Facebook page to see your child in action.

Thursday

Friday

* Departure = between 12:00 noon and 12:30 pm.
* Arrive back at SJN approximately 2:30 pm-ish in the gym.
* Student Pick-up

1. Parents with ONLY an eighth-grade student may park in the church-side parking lot next to the gym and pick up their child from the gym.
2. Parents with multiple-grade students will go through regular carpool procedure, and your eighth-grade student will depart from the gym into the carpool lot