

Kairos 96 (October 22-25, 2024)
Kairos 97 (November 12-15, 2024)
Packing List and Important Information



ALLIANCE REDWOODS
6250 Bohemian Hwy, Occidental, CA 95465

Departure is on Tuesday, May 28 from CB at 2pm

On Tuesday, October 22 / November 12:

- **Students are expected to come to school in proper school dress code.**
- Students are expected to eat lunch on campus. Dinner on the first day is not until 6pm at Alliance Redwoods.
- Students *may* begin arriving on campus at 9:15am. No earlier.
- Students drop off their belongings to Bertram Living Room as early as 9:15am or no later than the beginning of the first set. Student **must** check in with an adult at Bertram hall.
- At the conclusion of Late Lunch, report to Bertram to begin boarding process.
- **Departure from CB at 2pm**
- **Return is Friday, October 25 / November 15. Return to CBHS by 5:30pm**

Packing List:

- | | |
|---|--|
| <input type="checkbox"/> Bath towel | <input type="checkbox"/> Personal undergarments |
| <input type="checkbox"/> Slippers for shower | <input type="checkbox"/> Warm coats and sweatshirts |
| <input type="checkbox"/> Sleeping bag OR bed sheets & blanket. | <input type="checkbox"/> Refillable water bottle. There will be donations of individual water bottles. If you bring a refillable water bottle, it must be emptied before boarding the bus. |
| <input type="checkbox"/> Pillow with case (Put in a garbage bag with other beddings with your name label) | <input type="checkbox"/> Journal and/or notebook for notes. |
| <input type="checkbox"/> Toiletries such as toothbrush, toothpaste, shampoo, sunscreen, comb | <input type="checkbox"/> Disposable camera |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> CASH or Debit Card for lunch on the last day. |
| <input type="checkbox"/> Comfortable clothes such as jeans, sweatpants, and school appropriate t-shirts. | <input type="checkbox"/> <u>Adult and Student Leaders only:</u> Sunday best attire (one outfit) |
| <input type="checkbox"/> Comfortable, warm shoes | |

Snacks for the Retreat

At every Kairos we ask parents to donate snacks for the retreat. These will be long and fruitful days so snacks will help to keep the students nourished throughout the week. Gum is **not** allowed over the week - we try our best to keep the retreat center and nature as clean as possible.

If your last name begins with the following initial, please see the instructions on what type of snack to bring for the retreat. Please donate enough for about **40 people**. Please avoid donating snacks with peanuts. Meals will be provided from Tuesday dinner through Friday breakfast. Donated snacks must be brought to the LSLO Room 106 by **TUESDAY, October 22 / November 12** **BEFORE your first set**.

| Family Last Name | Type of Snack Item | Examples |
|------------------|--|---|
| A-G | A breakfast item for students that is pre-packaged and individually wrapped. | Pop-Tarts Packaged donuts Breakfast bars Granola bars |
| H-P | Snacks throughout the week that are pre-packaged and individually wrapped. | Chips Candy & chocolate Cookies Pre-packaged fruit slices Crackers Fruit snacks Packaged nuts or trail mix Popcorn |
| Q-Z | Individual packaged drinks | Small Gatorades Small water bottles Capri suns Small Ice Tea Bottles |

Any donations would be greatly appreciated and beneficial to the students as they spend their week in retreat.

Electronics Policy:

Personal electronics **MUST** remain at home. Phones, ipads, and other electronics will be collected at the beginning of the retreat before boarding the bus and only returned in case of emergencies. **This policy pertains to all student participants.**

Parking at School:

If you are keeping your car at school during our retreat, please park behind a gate that closes so that your car remains secure while you are gone. It is recommended that you get a ride to school that day so you do not need to leave your car. We will take a bus to the retreat.

Behavioral Expectations: Every student has accepted the invitation to participate in the Kairos Retreat. By accepting the invitation, each student is expected to follow all rules in the school's handbook and at Alliance Redwoods. Your participation in the retreat will be immediately terminated and you will face suspension, or even expulsion, if your behavior is outside of school rules. No drugs, alcohol, cigarettes, vaping, etc... Please do not put yourself or the retreat staff in any situation involving disciplinary action. Parents will be responsible to pick up the student immediately at Alliance Redwoods.



We hope you are looking forward to your Kairos retreat!
It is our goal to make it both meaningful and a fun experience!
If you have any questions, please do not hesitate to contact Dr. Jaldon at
mjaldon@cbhs-sacramento.org