

HG: Extreme Faith (HGXF)

WHAT TO BRING LIST

You will receive your own refillable water bottle compliments of the Diocese of Grand Island. It is very warm during the day and you will need to stay hydrated. Last year quite a few kids destroyed their water bottles, this year kids will be fined \$20 for destroying a water bottle.

1. Multiple sets of informal clothing such as shorts, jeans, T-shirts, tennis shoes, and a hat/ball cap. Sandals and a **pair of sturdy closed-toed shoes for running/walking**. Include some warm clothing such as sweatshirts, sweatpants, warm socks as well as a coat or jacket. Due to swimming and the heat, please overpack clothing options in case your child wants to change clothes during the day.
 - a. No short-shorts, belly shirts, spaghetti straps, muscle shirts, t-shirts that advertise alcohol or other inappropriate items or sayings will be permitted at the retreat. See dress code policy below.
2. Modest swimsuit appropriate for a Catholic retreat setting (no bikini or Speedo) and a beach towel. Weather permitting, there will be daily opportunities for water activities. FYI Maranatha Bible Camp requires a t-shirt to be worn with two-piece bathing suits that do not reasonably cover the stomach area.
3. Your own shower towel, soap, shampoo, deodorant, toothbrush/paste and other toiletries; needed medications.
4. Backpack. This will be good for carrying shower items to and from the bathroom, carrying swimming items, their water bottle, in case students don't want to go back to the cabin between different events.
5. Bedding and pillow; bring a sleeping bag or blankets and sheets for a twin-size bed.
6. Bible (if they have one of their own)
7. Spending money. All activities are part of the HGXF camp. Extra money will be needed for Camp Maranatha's ice cream / snack shop, and they also sell souvenir t-shirts, hats and other gifts in their gift shop.
8. Bug spray and Sunscreen.
9. Suggested: Sunglasses. Flashlight. Playing cards. Beach goggles/toys. Football. Frisbee. Rubber Chicken :)
10. A set of older clothes: shirt, shorts, and shoes – These should be clothes you don't mind getting dirty.

DO NOT BRING. Weapons or electronics of any sort, apart from cameras. Cell phones will be permitted on a very limited basis for taking pictures but will be collected by staff at the beginning of the week.

Participant Dress Code

- All attire should be sized to fit without exposing undergarments, buttocks, stomachs or cleavage.
- Shirts must be long enough to naturally touch the top of the lower garment, with arms raised. Shirts must cover the shoulders. No Spaghetti straps, tank tops, and halter tops or transparent/mesh clothing or shirts with revealing necklines or armholes.
- Shorts and skirts must be fingertip length when arms are resting at sides.
- No yoga pants or form-fitting pants/shorts.
- No clothing or accessories that promote drugs, alcohol or tobacco either by brand or message.
- No clothing or accessories with sexually suggestive language or messages or clothing or accessories that promote violence, criminal activity, intimidation or intolerance of others (based on religion, ethnicity, gender or lifestyle).
- Modest swimsuit appropriate for a Catholic retreat setting, No Speedo or bikini.

Maranatha Bible Camp, 16800 E Maranatha Rd., Maxwell, NE 69151 (308)-582-4513

If you would like more information on Camp Maranatha, check out their website: www.maranathacamp.org