

Timeline:

Friday, February 7th:

5:00pm, Carpools depart from HF to Camp Hammer

6:30pm, Arrive at Camp Hammer. Dinner. First Session.

Saturday, February 8th:

Deep retreat Sessions, Ropes Activities, Make new Friends, Faith-filled talks, Great Meals, Mass, Play Time, Sacrament of Reconciliation, Adoration and much more. . .

Sunday, February 9th:

1:30pm, Parent Carpools arrive in main Hall

2:00pm, Carpools depart from Mount Hermon

3:00pm, Arrive back at Holy Family

Note For Ropes Courses:

In order for your teen to participate in ropes courses during free time, there may be an additional permission form to be filled out for Camp Hammer. This will be distributed via email as the retreat gets closer

What to Bring List:

The following list is intended to make your experience an enjoyable one for ALL involved.

- A PMA! (Positive Mental Attitude)
- Sleeping bag/Blankets
- Pillow
- Toiletries (soap, deodorant, toothpaste)

- Towel(s)

- Flashlight
- Water bottle (there are water fountains to keep hydrated.)
- Sweater/Jacket for cool nights or umbrella (in case of rain)
- Clothes that can get messy and that you wouldn't miss (i.e. mud football, washable paint) • Outdoor shoes
- Bible, Rosary, Journal, etc. (You'll be glad you brought these)
- Prescription Medications: These must be turned in to a leader by Friday Night!
- Watch
- Snack to share with 8 people (fruits, cookies, oatmeal bars, etc)

PLEASE DO NOT BRING:

- Drugs and/or alcohol
- Valuable jewelry or other valuables.
- Inappropriate clothing
- Inappropriate "reading" material/magazines.
- Cell phones may be brought but must remain inside luggage. There is no wireless reception at Camp Hammer anyway. Great way to "disconnect" from the world!

YOUR PARENTS WILL PICK YOU UP IF YOU BRING:

- *Or caught using, any type of illegal substance. (i.e. drugs, alcohol, vapes, etc.).*
- *You bring a firearm or knife.*
- *You are involved in a major disruption of the Retreat Weekend.*
- *Are involved in vandalism of the Retreat Center.*