

# HIGHER GROUND MIDDLE SCHOOL RETREAT -2017

## WHAT TO BRING LIST

You will receive your own refillable water bottle compliments of Higher Ground. It is very warm during the day and you will want to stay hydrated.

1. Informal clothing such as shorts, jeans, t-shirts, tennis shoes, and a hat/ball cap. **Bring a pair of sturdy closed toed shoes as we will be doing some hiking.** Include some very warm clothing such as sweaters, sweatshirts, sweatpants, warm socks as well as a coat or jacket. It gets cold at night and you should be prepared. 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.

2. Modest swim suit (no bikini or Speedo) and towel appropriate for a catholic retreat setting. There may be opportunities for water games/activities depending on the weather. We will also have an opportunity to use the pool at Chadron State park.

3. Your own towel, soap, shampoo and other toiletries articles.

4. Backpack. This will be good for carrying shower items to and from the bathhouse and carrying swimming items to the pool and during the hike.

5. Bedding and pillow. Bring a very warm sleeping bag and extra blanket or sheets and blankets for a twin size bed.

6. Bible, Pen or pencils. (Bibles are available for you to purchase at the retreat. Cost is \$7.00)

7. Spending money. There will be an opportunity for swimming (\$4.00), horseback trail rides(\$16.00 & **signed parental permission** form required). **Long pants and shoes are required for horse rides.** Camp NORWESCA also sells t-shirts, hats and other gifts. Meals and snacks are provided. \*\*\*Prices subject to change without notice.\*\*\*

8. Flashlight.

9. Bug spray and Sunscreen.

10. Wrist Watch (using cell phones as clocks will be highly discouraged)

11. Work clothes: gloves, shirt, pants, shorts, and shoes – These should old clothes you don't mind getting dirty with paint, etc. as we will be doing some simple service projects for Camp Norwesca and the Nebraska State 4-H Camp

12. **Disposable camera** – Higher Ground Retreats®, Camp Norwesca, and Nebraska State 4-H Camp are not responsible for lost or damaged cameras. **YOU WILL NOT BE ABLE TO USE CELL PHONES AS A CAMERA.**

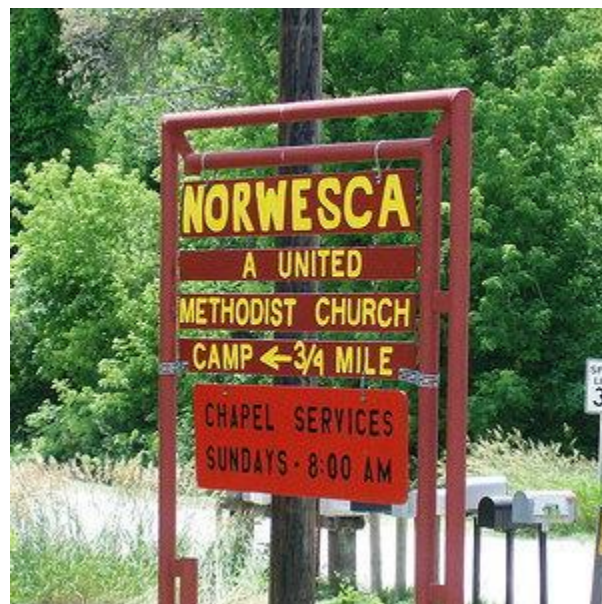
13. If you would like more information on Camp Norwesca, check out their website: <http://www.norwesca.org/>. If you would like more information on the Nebraska State 4-H Camp, check out their website: <https://4h.unl.edu/4hcamps/state4hcamp>

**DO NOT BRING:** MP3 Players, I-Pod's, electronic games or cell phones. (There is no cell coverage at the camp) Parents can contact Camp Norwesca directly at (308)-432-3872, or parents can contact the Nebraska State 4-H Camp directly at 308-533-2224.

## **DON'T FORGET TO BRING WARM CLOTHING!!**

**Norwesca Camp and Retreat Center is located 8 miles south of Chadron, NE, just off Highway 385.**

**Turn at the entrance to Chadron State Park, but before entering the stone park gate, turn left down the gravel road (Norwesca Road).**



**Camp Norwesca is 3/4 mile, with the entrance on the right.**

## Nebraska State 4-H Camp



83222 4-H Camp Road Halsey, NE 69142

308-533-2224

Driving Directions

**From the East** Go one mile west from Halsey on Highway 2 until you reach the Nebraska National Forest entrance. Enter the forest and follow the 4-H signs until you reach the Nebraska State 4-H Camp.

**From the West** Go 15 miles east from Thedford on Highway 2 until you reach the Nebraska National Forest entrance. Enter the forest and follow the 4-H signs until you reach the Nebraska State 4-H Camp.