

Thank you for registering for Breakaway!

Here are all the details you will need for this awesome weekend, including a detailed packing list and information on drop-off and pick-up.

If you have not already you MUST fill this form out for your student to attend:

http://www.resbalt.org/uploads/8/6/6/2/8662599/guest-consent-release-form-new_1.pdf

PACKING LIST

Note: Check the weather for the area. If it is going to rain, please pack accordingly. It is not a bad idea to bring **umbrellas, rain coats, and waterproof shoes!** If you are planning on playing sports in the rain, do be mindful to bring extra clothes to change into.

- WARM CLOTHES, for 3 days, 2 nights. Be sure to bring gloves/hats
- Closed toed shoes
- Toiletries, including a **towel**, and shower shoes if you want them
- Sleeping material (either twin sized sheets or a sleeping bag). Rockbridge does provide one fairly warm blanket but will not be providing sheets this year.
- Bible/journal
- Dinner for the bus ride
- Snacks if you want any in between meals
- Books/games/etc. for free time. Yes, you can do your homework at Rockbridge too.
- A water bottle, if you want something to drink from in between meals
- High school students MAY bring their own medication, pain killers, etc.
- Cash- if you want. Not required, but the band will be selling , merchandise, there is a Rockbridge store, and an open snack bar during free time
- Cell phones-are not outlawed. We discourage students from connecting online and service is limited. However, taking pictures, playing music, and alarm clocks, etc. are allowed.

IF YOU CAN'T CARRY IT YOURSELF, DON'T BRING IT

DO NOT BRING

- Firearms or Knives
- No cigarettes, cigars. Even if your child is over 18.
- Alcohol or illegal drugs

Our goal for this weekend is to be loving and inclusive. Please be mindful of the things that you pack that could be divisive

(i.e. political, sexual, or inappropriate paraphernalia).

MEDICATION DETAILS

Medication can be kept by students, but if you would like us to hold onto it and administer it for you, you will need to check it in IN IT'S ORIGINAL bottle with the student's name and dosage on the bottle. WE ABSOLUTELY CANNOT administer prescription medication if it is not specifically designated to be given to your student. The medication forms will be available during check-in, but are also **attached here** if you'd like to fill it out ahead of time to beat the lines.

Medication is offered 4 times a day: during each meal, and before bed time.

EMERGENCY INFO

Cell phone service often does not work at Rockbridge, so please do not expect your child (or their leaders) to have the ability to call/text you back if you need them to. Instead, please direct any phone calls to the **Rockbridge land line, 540-997-9276** and leave a message. In the case of emergency, our camp manager will be notified via walkie-talkie. In non-emergencies, messages will be relayed at mealtimes.

If you have any other questions I would be happy to answer them at Bethany@TFCAnglican.org.