

What to bring to Antioch:

- All main meals and lodging are provided; we will be indoors at most times.
- If you have medications please contact adult in advance and make sure to note on permission slip.
- Please let us know of special diet needs.
- If a teen must leave for a short time for any reason we need a note from the parents in advance and the parent must pick them up, if teen is not spending the night a Parent must pick them up.
- ***MHOC Camp and the Antioch team are not responsible for lost or stolen items. Please do not bring items of value!***
- a Bible (optional, for own personal use)
- Cards, books games, (optional)
- sleeping bag (or blankets)
- a pillow
- a towel
- toiletries
- appropriate sleepwear
- insect repellent
- comfortable clothing suitable for a variety of weather conditions
- Gum, candy, bottled water OK if desired
- NO SKATE BOARDS OR BIKES ALLOWED

We are also asking each parent if possible to send:

- A 2 liter bottle of soda/drink or 2 if possible!
- A Snack to share: pretzels, chips or a similar snack or a baked good (store bought or homemade) such as cookies, cupcakes or brownies
- Balance due on registration fee of \$75.00 if owed
- Please Note: no computers, cell phones or iPods will be allowed during the actual retreat, they are OK in the cabin at night before lights out only.
- No Drugs, cigarettes or alcohol of any kind at any time. Prescription medicine Ok with Note from parents presented upon arrival!
- Any teen leaving early, even if returning, needs a letter from their parent presented at check in and they must be picked up by the Parent!