



Summer's Last Blast Preteen Retreat

Ceta Canyon
August 3-4

FORMS

Challenge Course Release Form--This is required for those who want to participate in the zip line activity.

THF Waiver--This is completed online only.

You can find these forms on the THF Kids Website. We will also have the Ceta Canyon form available at check-in, on August 3, if you are unable to print and complete them ahead of time.

ARRIVAL AND CHECK-IN

Meet at The Heights Fellowship on Sunday, August 3, at 1:00pm. We will check-in on the East side of the building, under the awning.

Vans will leave THF at 1:30pm. Eat lunch before you come!

RETURN AND PICK UP

We will return to THF on Monday, August 4, at 6:30pm.

WHAT TO LEAVE AT HOME

- Cell phones and other electronics
- Water guns, fireworks, etc.
- Valuables
- Toys
- Money
- New shoes for school!

WHAT TO BRING

- Bible and pen
- Swimsuit
- Water shoes (the bottom of the pool is rough on the toes)
- Towel
- Plastic bag for wet clothes
- Sunscreen
- Bug Spray
- Flashlight
- Tennis shoes (for all activities)-PSA: Shoes may get dirty!
- Change of clothes for Monday
- Pajamas
- Toiletries (Deodorant, toothbrush, toothpaste, shower stuff, etc.)
- Towel
- Bedding (pillow, sleeping bag OR sheets for a twin mattress)
- Medication (Please bring typed instructions so we can give this to your child at required times.)
- Water bottle

***PLEASE MAKE SURE THAT ALL ITEMS ARE CLEARLY LABELED WITH PRETEEN'S NAME.

CONTACT US

Please feel free to contact us with any questions or concerns. Cell phone service at the camp will be limited. Please contact Ceta Canyon in case of emergency.

Joy Urlaub
806-670-5963

Ceta Canyon
806-488-2268