

KAIROS 8

The retreat is held at **Cabrini Retreat Center located at 9430 Golf Road, Des Plaines IL 60016**
The phone number in case of an emergency is 847-297-6530.

Transportation: You will be transported to and from the retreat center by bus.

Friday, February 13 we will leave from Holy Family – teens should meet in the Narthex by 3:45 p.m.

Monday, February 16, returning to St. Mary's' Buffalo Grove; please do not make plans before 7:30 p.m.

What to Bring:

- **Casual clothing** - jeans, sweats and gym shoes, etc. – No tank tops/sleeveless shirts
(Be sure t-shirts/sweatshirts are appropriate – no alcohol or tobacco references.) The building is large, so clothes that can be layered are helpful.
- **Snacks to be shared by all.** Food is not allowed in the sleeping areas.
- **Toiletries** necessary for 3 ½ days away from home. **Remember to bring a towel and soap.**
(Do **not** bring a sleeping bag. Pillows, blankets, sheets and a pillowcase are provided.)
- Small amount of change for the pop machine.

Regulations:

1. Once the retreat has started, all students are to **remain on the grounds** of the retreat center.
2. Males and females **may not go into the sleeping areas of the opposite sex.**
3. **Absolutely no tobacco, alcohol or chemical substances.** If an adult suspects a student of possessing or using any tobacco products, alcohol or other drugs, the adult will search the personal belongings of the student.

Anyone who violates the above policies will be asked to leave.

Parents will be called to pick you up.

- Cabrini Retreat Center asks that you **do not bring items of value.** (iPod, CD players, phones, pagers, etc.)
These things are also distracting during the retreat.
- Personal phone calls are not permitted except in the case of an emergency.
- You need to be **respectful** of all people and the building and grounds when on retreat.
If you destroy property in any way, you will be fined \$100.00 to be donated to the retreat center.
- **School/co-curricular rules and disciplinary actions are in effect while you are on retreat.**
Please be wise in your behavior so that this can be a great experience for all.