

# Fall Adventure Retreat 2017

## Dates & Times

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**Thursday, August 31** – 5pm, loading the supply van in Campus Ministry

**Friday, September 1** – Meet at the Gallagher fountain at 8:30am to leave

**Monday, September 4** – Return to Creighton around 9:00pm

## Missing Class

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Participants will need to notify instructors that they will be missing class on Friday. We cannot make this an excused absence, but if needed, can confirm your registration on the retreat.

## Transportation

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Transportation will be provided using Creighton vans. Participants will not be allowed to arrive late and/or leave early. All participants must ride in transportation provided by Campus Ministry. Feel free to bring games, snacks, etc. for the van ride (approximately 10 hours).

## What does “retreat” mean?

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The Fall Adventure retreat was created to be a relaxing, enjoyable weekend in nature with fellow students and with God. Keeping this in mind, retreatants are encouraged to take time to relax and have fun, but also to use the time to reflect on their relationship with others and with God. The goal is to take time for yourself and to come back to Creighton recharged physically, mentally and spiritually.

## What does “adventure” mean?

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Often one of the best ways to learn about ourselves is to get out of our comfort zone and challenge ourselves. We hope this happens intellectually and spiritually on this retreat, but we also want to challenge ourselves physically and really enter into nature in ways that we don't do in everyday life. This weekend will include a 7 mile hike to the top of Harney Peak and a 25 mile bike ride on the Mickelson Trail. If you are concerned about these activities being too strenuous, please speak with the Campus Ministry retreat coordinator as soon as possible.

## Weather

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The Custer, South Dakota weather for Labor Day weekend often calls for temperatures in the mid to upper 70s during the day and down to the low 50s at night. Please plan accordingly for the weather, depending on how you are most comfortable. But be sure to bring “warm” clothes for the evenings and “summer” clothes for during the day – no matter what! The easiest way to be prepared for changes in the weather is to plan to dress in layers, allowing you to add or remove depending on the time of day.

# Packing List

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## Things to consider:

- All meals, transportation, and lodging will be provided EXCEPT for lunch both on the way to South Dakota and on the way back to Omaha. It is recommended you bring at least enough money for 2 stops at fast food restaurants (and we might possibly stop at Mount Rushmore, so any snacks or souvenirs there would be extra money that you need to consider bringing).
- If you feel like you need to bring homework with you, please limit the number of books you bring because we have lots of gear and supplies, so space is somewhat limited. We ask that you don't do any homework during the retreat itself (we have a very full schedule anyway!), but the van rides will give you a good chunk of time to study, if needed.

## A note on fabric:

Although cotton is comfortable and breathable, it will not keep you warm if it gets wet. For this reason, try to bring as little cotton as possible. Synthetic fabrics will help keep you dry and warm in unfavorable conditions. Polypropylene and other synthetics will move the moisture away from your body. By combining these fabrics, you will create a layering system that you can adjust accordingly as conditions and activity levels change

These tips are suggestions only. Students are not required to purchase new gear for the trip. If you have questions about what to bring, ask one of the retreat directors.

## Footwear

- ☐ Sturdy shoes for lots of time outside
- ☐ Sandals with straps for swimming and showers

## Upper Body

- ☐ Short sleeved t-shirts
- ☐ Mid-weight insulating layer (fleece or wool)
- ☐ Heavy top/sweater
- ☐ Raincoat or poncho (Trash bags will work too)
- ☐ Stocking hat and gloves if you want (the temperature will drop to about 50 degrees at night)
- ☐ Hat with a brim for sun protection

## Lower Body

- ☐ Long pants to wear at night
- ☐ Shorts to wear during the day
- ☐ Several pairs of socks: synthetic or wool

## Miscellaneous

- ☐ Pillow
- ☐ Sleeping Bag (rated at least to 40 degrees)
- ☐ Water bottle (32 oz. bottle)
- ☐ Backpack to carry lunch, water, sunscreen, etc. during hiking and biking (something with wider shoulder straps will be more comfortable than the nylon bags with string straps that a lot of people have)
- ☐ Toiletry kit/ towel
- ☐ Sunscreen/ lip balm with SPF 15 or greater
- ☐ Sunglasses
- ☐ Personal Medication (if needed)
- ☐ Trash bags to keep gear dry
- ☐ Flashlight (with fresh batteries)
- ☐ Swimming Suit
- ☐ Bike Helmet

## Optional

- ☐ Journal
- ☐ Camera