

# Stampede 2023

Final Retreat Details | February 3-5, 2023

Hey STAMPEDERS!!!

We are so excited for our upcoming weekend together! Each year we are overwhelmed by the power of God when given the ability to spend a few days away together, unplugged. We have an exciting weekend planned with an amazing camp speaker, impactful worship, and plenty of opportunities to have fun with our COW community. We are looking forward to a great Stampede with all of you! Please take note of the following details so you're ready to go on Feb 3<sup>rd</sup>:

## Covenant Harbor Consent Forms

1. Polar Bear Dip Consent Form – fill out if your son/daughter will be participating
2. Covenant Harbor Waiver – fill out for all students
3. Email completed forms to Julie Johnson at [jjohnson@ChristChurch.us](mailto:jjohnson@ChristChurch.us)

## Text Alerts

This year we will be using our “remind” Text alert system to keep you in the loop! This will allow us to let you know when the students arrive at camp, accurate timing for the return trip, and any other important info that you need to know! We'll also keep you posted on what we're doing, and even send a few pictures this way! To join our Stampede 2023 group follow the instructions below (If you are signed up for our weekly COW texts, it's the same link!).

1. Compose a message to the number 81010
2. In the message box type “@cowtexts” without the quotation marks
3. Click Send

## Important Details

- Please Arrive at Christ Church's Oak Brook Campus at 6:00pm Friday, February 3<sup>rd</sup>
- Check in with our COW team in the Commons
- Eat Dinner Prior to your arrival.
- Mark all pieces of luggage clearly with first and last name (attach sleeping bag and pillow to main bag if possible)
- If you have medication please bring in separately in a clearly marked zip lock bag (to be turned in to our camp nurse) If you are checking in medication please arrive by 5:45
- Please leave all phones behind – Leaders will have phones in case of emergency, or homesickness 😊
- Be praying for an incredible life changing weekend!
- The Busses will return to Christ Church between 2:00-2:30pm Sunday (Remind updates will allow us a more exact time frame, so make sure to sign up for text alerts with the instructions above)

## What not to Bring

- No Cell Phones (Cell phones might sound like a good idea, but quickly become a distraction, also texting home typically amplifies any sort of home-sickness. In an emergency, parents can reach out to Grace or Steve and we will get you connected with the right people!)
- No handheld video games or other electronics
- Nothing that could be construed as a weapon
- No medication that has not been checked in to our camp nurse (this includes Tylenol, Benadryl, Nyquill, etc.)
- No hockey gear / Ice Skates (Unfortunately the busses have limited space, but gear is available at Camp)
- No musical instruments (Space limitations)
- No valuables

## What to Bring

- Bible (If you need one, chat with Grace!)
- Snow Jacket (**DAYTIME TEMPS ARE USUALLY AROUND 30 DEGREES**)
- Gloves
- Winter Hat
- Warm Socks
- Long Underwear (optional)
- Snow Pants (optional)
- Snow Boots or Sturdy Sneakers
- 2-3 Pairs of Pants
- 2-3 Long Sleeve Shirts
- 3 pairs of Underwear
- 3 pairs of Socks
- Pajamas
- Tooth Brush/Paste, Deodorant, other toiletries
- Pillow
- Sleeping Bag
- Towel
- A modest Swimsuit (Only if you are planning on doing the polar bear plunge)
- Extra Pair of Junk Shoes (Only if you are planning on doing the polar bear plunge)
- \$15 – 30 for the Snack Shop (Candy/Soda) – Students will be responsible for their money
- Small Flashlight (optional)
- Disposable Camera (optional)

## Contact Info

Grace Stevenson: 484.459.8705 (Cell)

[gstevenson@christchurch.us](mailto:gstevenson@christchurch.us)

Steve Noble: 619.244.2638 (Cell); [snoble@ChristChurch.us](mailto:snoble@ChristChurch.us)

Julie Johnson: [jjohnsoni@christchurch.us](mailto:jjohnsoni@christchurch.us)

*COVENANT HARBOR BIBLE CAMP:*

1724 W Main St, Lake Geneva WI 53147 : 262-248-3600

(CAMP PHONE)

Thanks for reading! We are so excited for an incredible weekend!!!

- Your COW Friends : )

If your student  
hopes to do the  
polar plunge, you  
MUST sign and turn  
in the attached  
form!