

# Big Stuf 2010

## What to bring/What not to bring

### Important Things

Make sure you bring both The Brook & Big Stuf medical release forms notarized. You will not be able to go with us without notarized forms.

### What to Bring

- Medical Release Form for The Brook & Big Stuf (both need to be notarized)
- Limit one suitcase and one carry-on per student
- Bible, Notebook, and Pen
- Clothes for each day (we will be together Monday through Friday)
- Sandals or Flip Flops (for pool and beach area)
- Bathing Suit-One-piece or long, loose, dark cover up for girls and no Speedo style swimsuits for guys
- Toiletries-Soap, Shampoo, Razors, Shaving Cream, Contact Stuff, etc. (Bed linens and bath towels are provided in the hotel rooms)
- Beach Towel
- Sunscreen (Everyone needs to wear sunscreen; no matter how many times a week you go to the tanning bed)
- Medication (adult leaders will be glad to hold this for your student)
- Tylenol, Ibuprofen, Aspirin, Pepto-Bismol, etc.
- Snacks for the road-There will be snack machines and stores so you will want to bring some extra cash
- Extra money for CDs, books, etc. (please be careful...we cannot take responsibility for lost or stolen money or items)
- Spending Money-you will be responsible for 3 meals
- Bible, Pen, and a notebook
- A great attitude

### What Not to Bring:

- An excessive amount of money (we will not be responsible for lost money)
- No Grenade Launchers
- No tobacco, alcohol, firearms, or fireworks, or knives are allowed at any time throughout the week.
- No CD Players, mp3 players, iPods, PSPs, Radios, etc. are allowed during the week. Cell phones may only be used during free time and can be confiscated if considered a distraction to the weekend.

### Things to Remember:

Any clothes that could distract from the week (example... Short shorts or crude/obscene statements on clothing) Spaghetti Strap Shirts, Halters, bare shoulder shirts, clothes that show your navel, etc... (if you can't wear it to school you probably shouldn't wear it) it would be embarrassing for someone to come to you and give you a cover up.

Please honor this list. This will help us have the greatest week possible. If you are caught with any of the things "not to bring," it will result in various consequences. If a student decides to break any of the rules, the leaders have the right to send any student home. The parents will be responsible for paying all expenses.

We ask that you consider not bringing your cell phone. Your friend or boyfriend will make it without you for five days. We promise!!! This will help us keep our focus on the week and not be distracted by things where we live. If you can't live without a friend you should bring them. Adults will have cell phones for you to use to call your parents or for emergencies. We will confiscate your phone if it becomes a distraction. We promise!!!