Kairos Retreat

Reflect on life's purpose and meaning — time to consider what is most important and work toward your goals.

LOCATION & TRAVEL DETAILS

- **Location:** Msgr. O'Dwyer Retreat House (Sparks, MD)
- **Morning of Departure:** Bring belongings to the front of the school, load bags onto the mini bus, and report to your first-period class.
- **Conclusion:** The retreat ends at 1:00 PM on the third day, after which students may go home.

PACKING CHECKLIST ("THINGS TO BRING")

- Sleeping bag or sheets, blanket, and pillow (extra blanket if cold)
- Clothes for 3 days / 2 nights
- Toiletry items & towels
- Sweater, jacket, or sweatshirt
- Snacks to share (*Note: Food is not allowed in rooms*)
- Medications

RULES & EXPECTATIONS

All school rules apply.

Cell phone use is strictly prohibited.

Parents are responsible for picking up any student who fails to comply with retreat rules.

EMERGENCY CONTACT NUMBERS

Nancy Vawter (Cell): (301) 706-8113
O'Dwyer Retreat House: (410) 666-2400