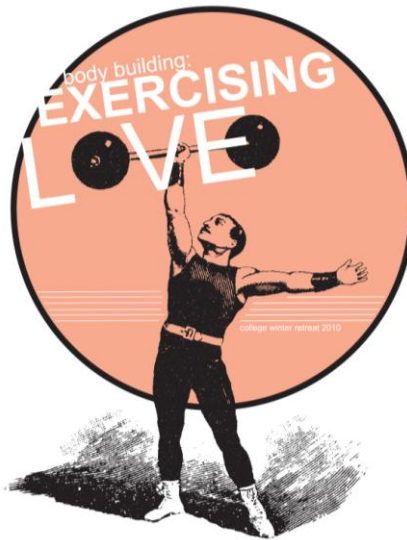


# Flight Retreat

Retreat at Camp Metoche  
in Angelus Oaks

December 27-30, 2010



**Speaker:** Jon Rittenhouse  
Matthew 22: 37-39

Registration (Now- Dec. 12): **\$85**  
Late Fee (Dec. 13-19): **\$105**

## First Chinese Baptist Church - LA Registration

Name \_\_\_\_\_  
Primary phone \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
(please circle) Male / Female  
Insurance Carrier \_\_\_\_\_  
Insurance Card Number \_\_\_\_\_

Please list any food allergies (required):



Emergency Contact Name

Relationship \_\_\_\_\_

Primary Phone \_\_\_\_\_

Secondary Phone \_\_\_\_\_

Please list any medications (optional):

**Medical Release.** Should it be necessary for me to have medical treatment while participating in this activity, I hereby give the person(s) in charge permission to act on my behalf to secure any hospitalization or medical services deemed necessary and appropriate by the physician. I absolve said church from any and all forms of negligence and wrong treatment incurred in the procurement and process of hospitalization and medical treatment. I understand that the First Chinese Baptist Church has no accident insurance. Any cost incurred shall be my sole responsibility.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Will you need transportation to campsite? Yes / No

Can you provide transportation? Yes / No

If yes, how many passengers? \_\_\_\_\_

**Submit form and money to Jordan Lew or Stacie Lum.**

Office Use:

# FLIGHT CAMP PACKING LIST

## Preparation: Pray

- Pray that you would be open to what God is showing and teaching you.
- Pray for the preparation of the camp plans
- Pray for the speaker, that he would speak God's message
- Pray for good interaction with others

**Three (3) total items maximum:** luggage bag, sleeping bag, "carry-on" bag (backpack, etc). Attach a luggage tag to identification.

**What to Pack:** Use soft luggage, if possible (duffle bag, small suitcase, etc; avoid large suitcase)

- Sleeping Bag
- Pillow, sheets (options)
- Flashlight w/ batteries (**required**)
- \*Enough clothes for 4 days (pants, tops); okay to re-wear clothes.
- \*Expect cold weather with possible snow (Jackets, scarves, hats, gloves, etc)
- Undergarments, socks (long-underwear, "thermos")
- Sleeping clothes or pajamas
- Shoes or boots (appropriate for wet weather; perhaps snow)

## Toiletries

- Toothbrush, toothpaste, floss
- Towel, soap, shampoo
- Slippers for shower (optional but helpful)
- Lip balm
- Tissues

## Bible Study Materials (**required**)

- Bible
- Notebook
- Pen

## Optional

- Water bottles
- Camera (+ charger/extra batteries)
- Alarm clock (or use cell phone)
- Board games and other free time activities (Please label)