

OMC Youth Retreat Rules & Regulations While On Retreat

DRESS CODE - Unacceptable Attire

It is OMC's intent that appropriate attire should complement the relaxed, spiritual, focused, physical & learning environment that reflects our church and youth ministry as we continue our spiritual journey.

- Inappropriate attire (jeans) w/holes or shredding
- Spandex
- Tube tops (any item showing cleavage)
- Underwear as outerwear (underwear should not be in sight)
- Midriff length tops
- Provocative attire
- Off-the-shoulder tops
- Baggy, saggy, hanging shorts or jeans

Responsibility Contract / Rules

- You must keep your name tags on at all times
- GIRLS ARE PINK AND BOYS ARE BLUE. PLEASE DO NOT MAKE PURPLE. This is NOT date camp, no boys in girls cabins, no girls in boys cabins...
- Drugs or alcohol related substances are strictly prohibited
- Please do not form cliques, get to know everyone at the retreat
- Remember, **YOU ARE** the example! Be a good role model.
- No electronics (phones, ipods, etc.) except for in the cabins
- What confidential information is said up on the mountain stays on the mountain (however, feel safe to share your experiences)
- Please do not be disrespectful of any of the team leaders and always try to keep a happy and safe environment around yourself
- Talk to a leader or adult when there is discomfort with anything, including the activities
- Read and explain the Prayer Pal policy...the rules, the goal, etc.
- Mandatory fun and reflection