

## EXTRA INFO

**MEDICATIONS:** Please place all your medications in a ziploc baggie with your name on the bag. Medications **MUST BE** in their **ORIGINAL** bottles. All medications must be handed in. These are collected at Check-In on Friday.

**TYVEK SUITS:** We're offering the option of purchasing a white Tyvek suit that goes over your clothing. It has elastic wrists and ankles and a hood. These are a nice option if you don't have mud clothes. You can add these to your purchase during the registration process for \$10. Once size fits all.

**SPENDING MONEY:** Students need money for the following. There is a snack bar, which sells candy, pop etc. RUOK T-Shirts and Hoodies will also be on sale. We will **NOT** be stopping for any travel meals.

**TO PREPARE FOR THE MUD:** It is very important that students wears layers of clothing. 2-3 layers works well, or purchase a tyvek suit. For the mud we suggest you Wear clothes and shoes you never want to see again and then wear a tyvek suit over top of it all.

**FOOD ALLERGIES:** If you have a severe food allergy please let us know . We want to try to accommodate every student's need.

**ABOUT PHONES AND IPODS:** Don't bring them. **Leave ALL electronics at home including phones.** If Students and Parents need to get in touch, our Leaders will have access to cell phones. We have found that electronics are a distraction that prevent students from having an amazing time. And so we will not, under any circumstances allow them. Our emergency numbers for the weekend are all listed throughout this brochure.

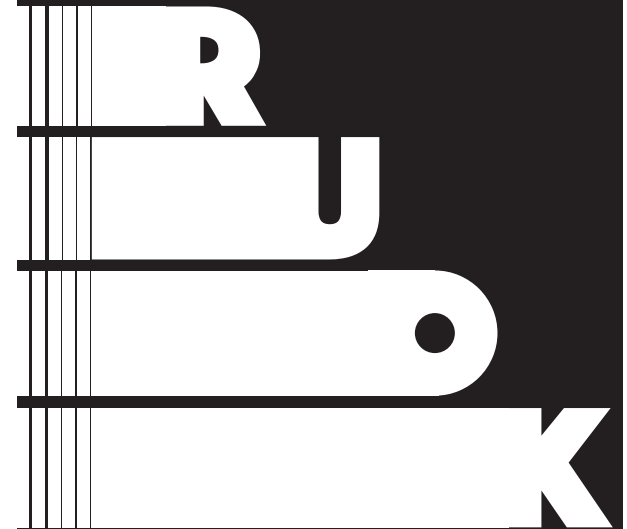
**LUGGAGE AND BEDDING:** Try to be practical when you pack. It's good to look good, **BUT** it's not necessary to bring expensive clothes, especially jewelry or perfume. Remember that sheets are not provided; so bring a sleeping bag and pillow—and make sure you label them clearly.

**ABOUT SHOES:** Remember to bring at least two pairs of shoes. One to get trashed in the mud and one to wear around. Students **CANNOT** go barefoot in the mud. Also, please do not plan on wearing flip flops or crocs in the mud. They just do not work well!

### **PACKING LIST:**

Sleeping bag/pillow, comfy clothes, warm clothes, mud clothes (things you might never want to see again), 2 pairs of shoes (mud and casual), spending money, towel, toothbrush/paste, soap, deodorant, bible, garbage bag & flashlight.

GRADES 6-8



**ARE YOU OK?**

**MUD  
WEEKEND**

**October 18-20 2019**

[rivertreelake.com/students](http://rivertreelake.com/students)

# BASICS

**WHAT IS RUOK?** It is a weekend designed for middle school students, filled with what they love. Ruok is 36 hours of high voltage, pedal to the metal, non-stop fun. But Ruok is more than fun, it's also a time to Connect with God, with friends, and with leaders.

**WHEN IS RUOK?** October 18-20, 2019.

Please arrive at RiverTree Lake at 5:15PM to check in and load your luggage.

Eat before we depart on Friday— we will NOT be stopping for dinner.

Pick-up is on Sunday at 1PM at RiverTree Lake

**WHERE IS RUOK?** Camp McPherson, Ohio.  
21880 Shadley Valley Rd, Danville, OH 43014

## WHAT'S THE COST?

Early Bird: \$110 by September 25  
Standard: \$135 through October 9

Registration closes October 9.

**WHO CAN GO TO RUOK?** 6-8 grade students. **AND BRING YOUR FRIENDS**—it doesn't matter if they go to NRG or even RiverTree.

## WHAT'S THE DEAL WITH THE MUD?

Imagine the mother of all mud pits. I'm talking about a mud pit as big as your back yard. Getting the picture now? We play in the mud for part of Saturday afternoon. It's the stuff legends are made of.

**WHAT DO WE DO ALL WEEKEND?** The weekend will include crazy competitions, pizza, bonfires, entertainment, new friends and tons of other fun! We have a blast in the mud, but the weekend is much more than just mud. Every night we have Club which rocks with our RUOK band, hilarious skits and a cool speaker who helps you think about God in new ways.

**WHAT ABOUT LODGING?** Lodging is provided in a variety of facilities from rustic cabins to newer dorms. ALL are heated, ALL have indoor bathrooms, and ALL have beds.



## HOW TO REGISTER

To register visit

[rivertreelake.com/students](http://rivertreelake.com/students)

## LEADERS

**WE GET IT.** You are trusting us with your child for an entire weekend—It's important you know they are in AMAZING hands. Below is your RUOK TRIP LEADER- they are who you want to call to ask most of your questions.

Your trip leader is also the emergency contact.

- LAKE - Isaac Smaglinski 330.417.3286
- SANDY MOORES. 330.494.1860 ext 105  
Sandy is our RUOK administrative guru. You should call or email Sandy if you are having trouble registering, or you need to know your fundraising balance.



# THE BEST WEEKEND OF YOUR LIFE!