



Dear HS Summer Conference Student and/or Parent:

We are so excited about the upcoming trip to Christ in Youth Move Summer Conference. We want everyone to be as prepared and informed as possible. Enclosed is a short itinerary, packing list, contact information, and details about the conference. Hopefully this information will prepare each student for an awesome week of CIY MOVE.

### **Sunday, July 29**

- Check-In at Valley Real Life at 1:30pm (Mandatory to go over rules and information)
- Group building/bonding until 3:30pm
- **We will not be offering sleeping arrangements this year at VRL.**

### **Monday, July 30**

- Luggage Check and Bus Boarding at 5:30am. (Donuts provided)
- Depart from VRL at 6:00am (**if you are late, we will not wait for you**)
- Stop for lunch around noon (\$ needed)
- Arrive at Oregon State University in Corvallis, Oregon for CIY MOVE at 3:00pm
- Unpack and settle into rooms
- Conference begins

### **Tuesday-Friday, July 31 - August 3**

- Continuation of CIY MOVE Conference

### **Friday, August 4**

- Eat dinner before leaving campus around 5:00pm
- Leave Oregon State University at around 6:00pm (\$ needed)
- **Arrive at Valley Real Life around 2:00am on Saturday, August 4**

### **Items that you need to bring:**

- Money for 4 fast food meals during travel
- Water Bottle
- **Money for Lunch on Thursday** (part of Extended Rec)
- Clothing for the week (including one outfit that can get dirty)
- Sports clothes for afternoon free time
- Sheets, pillow, sleeping bag for a twin-size bed
- Toiletries (DEODORANT!)
- Towels for bath (BODY SPRAY DOESN'T COUNT AS A SHOWER)
- Bible/notebook/pen
- Swimsuit (modesty please)
- Sunscreen/Sunglasses

### **Optional:**

- You may want to bring recreational equipment: Frisbees, footballs, etc.
- You are welcome to bring any personal snacks you might want during the conference.
- Extra money for conference shirts, eating at places other than cafeteria, dorm snacks, etc.
- Gift cards to Dutch Bros
- A fan for your dorm room

### **CIY CLOTHING GUIDELINES:**

We will comply with the guidelines that CIY has set forth.

- Straps must be 2" wide. NO tube tops, halters, etc.
- Skirts & shorts must be fingertip length
- No stomach or back showing between top and shorts
- No sagging pants or shorts

**Absolutely Acceptable:** Cut off sweat suits, mesh tights, legwarmers, high tops, neon sunglasses, side pony tails, parachute pants, mix matched converse, space suit, slap bracelets, puffy sleeves, fanny packs (these are encouraged)

**Unacceptable:** Short shorts, sagging pants, bikinis/two-piece swimsuits (can be covered with dark t-shirt), spaghetti straps, low cut tops on boys or girls, clothes that are not your size (too tight)

**Each evening session Forward will be dressing up in theme, so plan on these themes...**

**Monday Night:** 'School Pride Night' (Wear your High School swag)

**Tuesday Night:** '80's/Throwback Exercise Night' (make it bright and work it out)

**Wednesday Night:** 'Merica' (support the Red, White, and Blue by wearing your American pride)

**Thursday Night:** 'Class it Up' (bring something nice to wear)

### **Conference Information:**

There are five major events that take place each day at the conference. Those events are encounter time, small group time, free time, main sessions, and group time.

- **Encounter time** is a session in the morning for a time of reflection and study. There is a challenge or thought given by the encounter time speaker.
- **Small groups** are a group of students from Valley Real Life that meet each morning after encounter time.
- **Free time** is about 3 hours every day for students to meet other students, play recreational games, nap, etc. Some activities outside of the conference may require additional money.
- **Main session** is a time when all the attendees will meet to share in a time of worship and preaching. Each night will have a different speaker, but the worship will be led by the same band.
- **Group time** is a time when our whole group will break off and have discussion about what has happened during the day.

Each day there are times set for breakfast, lunch, and dinner provided by the Conference Center. If you want snacks throughout the day you will need to provide those for yourself. Also, there will be merchandise tables where you can buy things such as t-shirts & books.

The conference is coming up on us rather quickly. It's going to be an absolute blast! If you have any questions concerning the conference, feel free to contact me.

**Please make sure that the following information is given to parents or guardians.**

**TYLER LANE**  
**VALLEY REAL LIFE**  
**HIGH SCHOOL PASTOR**  
**PHONE:** 405.714.1888

**The address for Oregon State University where CIY Conference will be held is:**

100 LaSells Stewart Center  
Corvallis, OR 97331