



Dear Middle School Summer Conference Student and/or Parent:

We are so excited about the upcoming trip to Christ in Youth MIX 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 at CIY MIX.

### **Monday, August 6th**

- Check-In at Valley Real Life at 11:30am (mandatory to go over rules and information)
- **PLEASE PACK A LUNCH**
- Depart from VRL at 12:30pm (**if you are late, we will not wait for you**)
- Arrive at Central Washington University in Ellensburg, Washington for CIY Mix at 4:00pm
- Unpack and settle into rooms
- Conference begins

### **Tuesday-Friday, August 7th-10th**

- Continuation of CIY Mix Conference

### **Friday, August 10th**

- Depart from Central Washington University at 8am (Breakfast provided)
- **Arrive at Valley Real Life around 12:00pm**

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

- Any medication (turned into our nurse at Check-in)
- Lunch for Monday
- Water bottle
- **Money for Lunch on Thursday** (Skip a meal; info below)
- Clothing for the week (plan on two sets per day)
- At least 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 may want during the conference.
- Extra money for conference shirts, eating at places other than cafeteria, dorm snacks, etc.
- A fan for your dorm room
- A non-electric Scooter to get around campus (CIY and VRL are not liable for lost or broken scooters)

### **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)

### Conference Information:

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

- **Outer Realm** is a place where massive group games are played.
- **Small groups** are a group of students from Valley Real Life that meet each morning.
- **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.

### More Information:

- **Skip-a-Meal-** Once during the week, MIX asks everyone to “skip a meal” in the cafeteria. This money is used to help fund CIY’s international conferences in places like India, Ghana, Costa Rica, Philippines, Myanmar and others.
- **Colored Apparel-** We will be splitting the camp into 4 different colored teams (Red, Blue, Green, and Yellow). **As the week gets closer, CIY will let us know what color(s) we are. Make sure to bring clothing in your team color.**
- **Cell Phones-** MIX does use the technology of cell phones throughout the week but if a phone becomes a distraction, we will take it away for the week. VRL and CIY are not liable for lost or broken phones.
- **Food Allergies-** If your student has a food allergy, Central Washington does provide entrees to accommodate for most allergies.
- **Medication-** Please do not pack medication! All camper medication must be turned in at registration. Only our health staff is allowed to administer medication. We have basic over-the-counter medications (Ibuprofen, Tylenol, Benadryl, etc.) and first aid supplies. It is not necessary to send these unless your student needs them on a regular basis.

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 a MIX store 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 contact information is given to parents or guardians.**

**Ryan Lingbloom**

Lead Associate Pastor

**Valley Real Life**

**PHONE:** 509.724.6990

**The address for Central Washington University where the CIY Mix conference will be held is:**

400 E University Way | Ellensburg, WA 98926