



Welcome to a Young Life Weekend for Women



Health Forms

Health forms & any dietary concerns must be submitted online or download and sent in **by May 15th** to **womensweekend@younglife.ca**



Cell Coverage

Cell coverage can be spotty at times in the canyon but WIFI is great. In the case of emergency you can be reached via the camp office.

250-870-9030



Check-out is 3pm Sunday

Lunch will be served with a to-go option.

Your registration has been received and your spot is reserved! We are looking forward to an amazing Weekend for Women at RockRidge Canyon with YOU!

Your housing requests have been submitted. You will be contacted by May 15th by your "Cabin Leader" so you know ahead of time who is in your evening Cabin Time group.

What do I bring?

Casual, layered clothing suitable for all weather. Days may be quite warm and evenings can get chilly. Light rain gear suggested.

- Bathing suit and towel for swimming or doing aqua fit.
- Comfy clothing for exercise or hiking if you choose.
- Personal items: camera, flashlight, toiletries, face cloth, extra blanket. Towels and bed linens are provided.
- Closed-toe footwear is required for zip-line, mountain bikes, ropes course and difficult Pinnacle hike. (All optional)
- Cash for clothing, books and souvenirs at The Ridge Trading Company, a cappuccino at Canyon Coffee or an ice cream at Scoops!

**Guest Health form online
at rockridgecanyon.com**

CLICK HERE

<https://rockridgecanyon.com/retreat/forms-downloads>

Got Questions?

Contact Shelley Austin ~ shelleyaustin45@gmail.com

1

Check In

RockRidge Canyon will be open at **1:00 pm on Friday May 24th** for your enjoyment.
Dinner at 6:00 pm.
No Early Birds, please!

2

Swap Meet

Bring a mug, take a mug.
A fun exchange! Bring a coffee mug to swap Saturday after lunch.



3

Saturday Carnival

Think "The Greatest Showman," colourful, top hats, big red tents & carnival games!

COME AS YOU ARE!

