

CHATTAHOOCHEE VALLEY TRES DIAS WEEKEND SUPPLIES

We are very excited about you attending CVTD! In order for you to enjoy the weekend and have every thing you need, we have created the below list of supplies that you will need.

Each dormitory has 10 to 12 twin beds. It also has a large bathroom with several separate areas - one containing multiple private showers, another with four separate bathroom stalls, and a separate area that has a four sink/counter with plugs for curling irons and blow dryers.

To make your weekend comfortable, please bring with you the following:

- Bedding - either a sleeping bag or sheets, blanket, and a pillow. Please feel free to bring a small fan, ear plugs or sleep mask if desired.
- Towel, hand towel and washcloth - you will have your own personal towel bar by your bed to hang them on.
- If you like to read at night, you might want to bring a small lamp for your nightstand.
- Comfortable clothing: this is a very casual weekend (**no short shorts**).
- PJ's and slippers as the tile floor can get cold.
- Personal toiletries - if you wear contacts, bring those supplies and any medications you may need. If you have trouble getting to sleep in a room with other people, you might want to consider Tylenol or Excedrin PM. If you are a light sleeper you may wish to bring ear plugs or small personal fan with an extension cord.
- You will be inside most of the time, but additional outer wear may be necessary for the morning and evening hours as you move between buildings.
- Umbrella (you just never know) and flashlight to get around after lights out.
- Bring any special bedtime snack you can't go to sleep without
- Please advise if any special accommodations are needed, such as plugs for CPAPs, fans, or other necessary equipment. Please bring any supplies you may need.

The team and candidates are not to use perfume, cologne, oils or scented sprays and any equipment or system which "mists" or distributes such fragrances. This is an "ease of breathing and odor/allergy sensitivity" precaution we take for our brothers and sisters on the weekend.

If you have forgotten something, there will be dorm personnel to assist you. We stock toothbrushes, toothpaste, hand lotions, shampoo, conditioner, razors, earplugs, and assorted other personal items in case you need them. We are here to serve you. If you have any questions, please feel free to give us a call before the weekend.

And one last important piece of information: Each weekend is structured for Christian candidates to remove themselves from distractions and deepen their relationship with Jesus. One way we accomplish this on a Tres Dias weekend is by requesting that cell phones be left at home or given to the sponsor upon arrival. There are so many wonderful things that take place and we would hate for you or someone else to be distracted. Please honor our NO cell phone request. Loved ones should be instructed to contact your sponsor in case of an emergency.