

Holy Spirit High School Youth Ministry

White Oak Canyon Hike

Tuesday June 30, 2015 7a.m.-3p.m.

White Oak Canyon is a beautiful hiking trail in the Shenandoah Valley known for its picturesque waterfalls and scenery. We will be hiking, swimming in the falls and having Mass with Fr. O'Donohue somewhere on the mountain. Please see the details below and join us for this phenomenal summer hike! All High school teens are invited to join us! **If you need to get in touch with us during this hike, Kate will have her cell phone on her: (703) 268 0460. Just remember we will be out of cell phone range for a good part of the trip!**

When to meet: We will be leaving the Holy Spirit upper parking lot at 7a.m. and returning to the Holy Spirit upper parking lot by 3p.m. Transportation will be provided. Please arrive on time and either eat breakfast before you come or bring something for the ride.

What to wear:

- Socks and proper hiking shoes (no sandals)
- Bathing Suit*, comfortable shorts and a t-shirt: Please wear your bathing suit underneath your clothes (guys just wear them with your shirt) for this hike as there is nowhere to change.

**Girls- One piece bathing suits with straps only please*

What to bring:

- A small towel to dry off with (unless you're okay with drip drying!)
- A bagged lunch and snacks for the day
- Sunscreen and insect repellent
- At least 1 water bottle
- A small backpack to carry your stuff.



PLEASE KEEP THE TOP HALF OF THIS FORM ☺

PLEASE RETURN THE BOTTOM HALF OF THIS FORM TO KATE KELLY BY SUNDAY, JUNE 28TH.

- ☐ Yes, my child has permission to attend the White Oak Canyon outing as outlined above.
- ☐ Yes I can drive and help with this outing (we can only take as many teens as we have seats!)

Teen's Name: _____

Parent's Signature: _____ Date: _____

Best Phone number to reach a parent at during this event: _____

- ☐ Yes, I have a Holy Spirit HSYM registration/release on file in the Youth Ministry office. If not, please either download it from our website at www.holyspiritchurch.us or e-mail Kate Kelly at youthministry@holyspiritchurch.us