



ST. THOMAS HIGH SCHOOL CAMP AQUINAS

DEAR EAGLE PARENTS,

We wanted to reach out to give you more information about Camp Aquinas. This one-week immersion experience, called Camp Aquinas, is something your son will get to experience on August 18 – 21, 2023.

Goals of the Camp: We will take the entire Freshman class to Camp Cho-Yeh to be welcomed into the community of the Men of St. Thomas, a community of strong Catholic young men in service to the Church and the world. Students will have ample opportunities to grow in their relationship with Christ and build lasting bonds of brotherhood. The class will be broken down into a House system, which will consist of 8 Houses that will compete with each other throughout the week in both academic and team building activities. Each House will be led by a group of senior leaders, who will act as role models and support for the freshmen, not only for this first week, but throughout the school year in their Advisory homeroom. Freshman will be initiated into their House, learn about their House Basilian Namesake as well as their patron House saints.

What we need from you:

1. Help your son compile the required materials from the packing list this summer.
2. Get your son's Magnus forms filled out **ASAP**.
3. If your son has a major food allergy please click [here](#) so Cho-Yeh kitchen can be made aware.
4. **Write a short letter for your son outlining your hopes and aspirations for him as a high school student. Please bring your sealed letter to check-in at St. Thomas on Friday.**

Please do not hesitate to email Danny Hernandez or me if you have any questions or concerns. God Bless,

Andrew Quittenton
Director of Campus Ministry & Dean of Theology
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Danny Hernandez
Director of Retreats
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WHAT TO BRING

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| <input type="checkbox"/> Socks and underwear for each day (four pairs) | <input type="checkbox"/> Sunscreen and bug spray |
| <input type="checkbox"/> 2 long sleeve shirts | <input type="checkbox"/> Toiletries: soap/shampoo, toothbrush, and toothpaste |
| <input type="checkbox"/> 3-4 pairs of shorts | <input type="checkbox"/> Flashlight with batteries |
| <input type="checkbox"/> 5 t-shirts | <input type="checkbox"/> Pillow, bedding, sheets for your mattress, sleeping bag |
| <input type="checkbox"/> 1 pair of running shoes for hiking (closed toed) | <input type="checkbox"/> Soap and Deodorant (no Axe) |
| <input type="checkbox"/> 1 pair of extra footwear (slippers or sandals) | <input type="checkbox"/> Water Bottle or Camelbak (screw top with attached lid) |
| <input type="checkbox"/> 1 baseball hat or sunhat | <input type="checkbox"/> Rain Gear (poncho, rain jacket, pants, etc.) |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> 1 t-shirt and pair of shorts that you do not mind getting ruined in the mud course (red clay is hard to wash out) |
| <input type="checkbox"/> Bathing suit and towel | |

WHAT NOT TO BRING

- Cell phone (parents will be able to contact teachers and camp officials in case of an emergency)
- Cotton clothing is not recommended as it does not dry well.
- Extra food of any kind - this invites insects and critters into cabins! (you will be well fed)
- STH Handbook Policy is strictly enforced: Alcohol, cigarettes, non-prescription drugs, vape devices (they will be confiscated and your parents will come pick you up).

OPTIONAL ITEMS

- ☐ Sunglasses
- ☐ Playing cards
- ☐ Cash for the gift shop (ice-cream, snacks, etc.)

Important: Please make sure to label all clothing and items you bring with your full name

PLEASE ensure that all necessary medications are outlined on your school health form (Magnus). Please bring all medication in a ziplock bag with your name labeled on the outside. If your child has allergies be sure to give a detailed explanation of the severity of the allergy.

CHECK-IN (Friday, August 18, 2023)

We will communicate with you this summer a detailed plan for drop off on Friday (be prepared to drop your son off at St. Thomas by **6:00 am**).

PICK-UP (Monday, August 21, 2023)

Students will need to be picked up at the STHS football stadium. We will communicate a pickup time the week prior to the retreat.

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