



Frequently Asked Questions

So, you've decided to attend Tres Dias..... AWESOME!

We're excited to share this very special weekend experience with you!

If you're like most "pilgrims" (that's what we call all registrants who will be attending a Tres Dias weekend for the first time), you've already visited our website (www.lvtd.org) and asked your sponsor every question you could think of. While we'd like to believe that we've done a good job of answering all your questions and helping you to feel relaxed and excited about the upcoming weekend, we realize that's not always the case. In fact, most of us who've attended Tres Dias admit that we were far more nervous and apprehensive about the weekend than relaxed and excited. When it comes to the unknown, it's so easy for the enemy to erode "trust" and "peace" with "anxiety" and "fear." But God did not give us a spirit of fear. We hope this list of Frequently Asked Questions will help eliminate any anxiety you may feel or apprehension you may have about what you'll experience on your Tres Dias weekend. If you have any additional questions, please talk with your Sponsor about them. We look forward to meeting you and welcoming you to ***your Tres Dias weekend!***

Why can't I drive myself to the weekend?

Providing transportation for you to and from the weekend is one of your Sponsor's responsibilities. It is intended to be a "blessing" to help you begin to "detach" from worldly pressures such as traffic, directions, schedules, etc. Being chauffeured gives you a chance to relax and prepare your mind and spirit for the weekend. And when it's over, it's a great way to recap the most meaningful aspects of the weekend with your Sponsor.

What should I bring to the weekend?

There is a suggested packing list. Pack comfortable clothes enough for three days, as well as comfortable walking shoes. You will also need one "church" outfit (dressier for women; business casual for men) to wear for Sunday service. Temperatures vary in different rooms, so dressing in layers is generally recommended. There is also a brief outdoor walk from the main meeting rooms to the dining room so we recommend you have a sweater or jacket with you. Bed sheets, a blanket, a pillow, and a towel set (1 bath towel, 1 hand towel and 1 washcloth) are provided for you, but many attendees prefer to bring their own pillow. You will likely have one roommate. There is a private bathroom in the room you will be sharing. Since Tres Dias is about spending three days of quality time with God, it is not appropriate for you to bring laptops, gaming devices or other electronics. We encourage you to voluntarily use this weekend to "detach" from worldly influences and focus on the Lord. If you do bring a cell phone, we encourage you to leave it in your room throughout the weekend.

Is the facility air conditioned?

The main meeting rooms are air conditioned. Because the Tres Dias weekends are held in the cooler months of spring and fall, there is often a comfortable breeze blowing through open windows. Most of the sleeping rooms also have a ceiling fan. If you would like to bring a personal fan, you are welcome to do so.

How can someone reach me in case of emergency?

As you prepare for Tres Dias, we encourage you to remind friends and family members that you will be attending a weekend devoted to the Lord and thus will only be available in the event of an emergency. In your Registration confirmation letter, there will be an Emergency Contact phone number to share with your family members. Day or night, you are never unreachable at Tres Dias.

What if I have special dietary needs?

Food allergies and medically required dietary restrictions will be accommodated. Other dietary requests or preferences will be taken into consideration during the menu selection process. We typically provide at least one or more gluten-free options and offer healthy choices at most meals and snack times.

What if I need to take medicine at a certain time?

If you need to take medication at a specific time during the weekend, we recommend you carry it with you. Based on our experience, we *know* it is easy to get caught up in the activities of the weekend and lose track of time. To help you feel free to enjoy all the Lord has for you on your Tres Dias weekend AND still get your medication on time, we would be happy to have a team member remind you when it is time to take your medication. That way, you can enjoy the weekend without fear of missing your medication.

What if I forget something?

All you need for Tres Dias will be provided for you, and every effort will be made to assure your comfort during the weekend. There is a suggested packing list, but if you forget something, there is a basket of common toiletry items available for you (toothbrush, toothpaste, soap, shampoo, conditioner, deodorant, razor, personal hygiene items, over-the-counter pain relievers, etc). You may take from it anything you need.

Is smoking allowed on the weekend?

Twin Pines is a **non-smoking** facility. Smoking is not permitted in any of the buildings and is discouraged on the grounds as well. If you are a smoker, please notify your Sponsor so he or she can let us know.

Will I have time to exercise during the weekend?

Tres Dias functions are based on a structured schedule. Although it is a beautiful facility with plenty of areas to enjoy a walk, and there is some free time planned for you to rest and relax, it is unlikely you will have sufficient time or the facilities for extensive workouts.