

GRADE 11 – IB BONDING RETREAT

Oct 6-9, 2019

Destination: **Ancient Olympia-Pyrgos Ileias, & Lehaina**



**Participate in the Food Drive
for The Therapeutirion of Lehainon
and the Home of the Elderly at Pyrgos, Ileia.**

11th Graders: Do not forget to sign up for the trip before the deadline.

Food Items

Corn Starch Vanilla (Anthos Aravositou Vanilla)
(Ανθος Αραβοσίτου Γιώτης)

Plain Cookies or biscuits (Pti ber or Miranda)
in sealed packages

Pasta (any type)

Honey

Can or jarred fruit (Compote) (Κομπόστα)

Juices (orange, sour cherry, peach, grape fruit)

Corn Starch (Ανθος Ορύζης)

Water

Olive Oil

Detergents

Chlorine

Washing machine powder detergent

All -purpose liquid detergent

Diapers for Adults (80-120cm)

Diapers for Adults (100-150cm)

Clothing

Any type of comfortable and casual
clothing from 10 years old +