

OVERHAUL MEN'S RETREAT

Pack some warm clothes and prepare yourself for a great weekend enjoying God's great outdoors, inspiration from His Word, and fellowship with other guys.

Frequently Asked Questions:

1. What kind of activities will be available for the weekend?

We offer a variety of activities over the weekend and you can pick and choose which ones you would want to be part of. **These activities are included in your registration fee.**

Some of your options are:

- Gun Range
- Horse Trail Rides
- Leather Shop
- Campfire Doughnuts
- Gift/Coffee Shop
- Zip Line on the High Ropes Course
- Indoor Climbing Wall
- Naps
- Open Gym - Basketball, Volleyball, Floor Hockey, Crate Stacking
- Broomball

2. What time is check in? When are we done on Sunday?

Check begins at 6:30 on Friday night and the weekend closes after chapel around noon on Sunday. There is no noon meal served.

3. What are the sleeping arrangements? Will I be housed with people I don't know?

We have a variety of buildings that house our guests. Our Retreat Centers have sleeping rooms that each typically have 3 sets of bunks in them. The bathrooms are a short walk down the hallway. Our cabins have 6 sets of bunks. The bathrooms are located in a building just a short walk away from the cabin. If you are coming with a group of guys you will be housed together, and you would know the other men in your cabin or room. If you are coming with just 1 or 2 friends or coming by yourself, you would typically be housed with another small group of guys.

4. Are you able to accommodate food allergies?

Our food service is used to working with guests with food allergies and special diets. Gluten free options and dairy free options are offered at each meal. For more specific food issues, it would be best to call camp and speak with our Food Service Director and she can go over the weekend menus to help with your planning. Email foodservice@shamineau.org

5. What do I need to pack?

If you think you need additional items, bring them!

- . Pillow and sleeping bag or bedding for a twin size bed
- . Bible
- . Towel and toiletries
- . Flashlight
- . Casual clothes suitable for the season
- . Tennis Shoes/Gym Clothes
- . Umbrella/Rain Gear if weather indicates

Do not bring: alcohol, drones, fireworks, pets

6. What is a typical schedule for the weekend? (Subject to minor changes)

Friday

6:30 pm Check in at the gym

7:30 pm Chapel

9:00 pm Special Activity

Saturday

8:00 AM Breakfast

9:30 AM Chapel

11 AM – 5 PM Open Recreation

12:00 PM Lunch

5:00 PM Supper

6:30 PM Chapel

9:00 PM Evening Extravaganza!

Sunday

8:00 AM Brunch

9:00 AM Open Recreation

10:30 am Closing Chapel

12:00 pm Head for home

DIRECTIONS- 2345 Ridge Rd, Motley, MN

We are located in the center of Minnesota, midway between the Twin Cities, Fargo, and Duluth. Travel time is approximately 2½ hours from each city. Shamineau is located 28 miles north of Little Falls or 5 miles south of Motley on Hwy. 10. Watch for the brown “Camp Shamineau” sign and the green “Ridge Road” sign at mile marker #120 on Hwy. 10. Proceed 2 miles east of Hwy 10 on Ridge Road. You will see our Camp Shamineau sign on the right.

Any questions? Call us at 218-575-2240 or email shamineau@shamineau.org