

# Rejuvenate: A Weekend for Women

## Camp Shamineau

### WELCOME TO REJUVENATE!

We look forward to having you with us for the weekend. This confirmation letter will give you some more details of the weekend to help with your planning. If you have any other questions please feel free to contact the camp office, 218-575-2240 or email [shamineau@shamineau.org](mailto:shamineau@shamineau.org).

#### **CHECK IN - 6:30 PM**

**When you arrive at camp, check in before heading anywhere else.** Follow the signs to the check in location. When you check in you will receive your housing assignment and a schedule for the weekend. This is also the place and time to take care of any outstanding bills or have other general questions answered. If you will be arriving after 8:00 pm, please inform the Camp office (218-575-2240) as to your approximate arrival time.

#### **SCHEDULE – Typical schedule subject to change!**

##### **Friday**

6:30 PM	Check in
7:30 PM	Chapel in Oak Hollow
9:00 PM	Snack and 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
8:00 PM	Evening Extravaganza

##### **Sunday**

8:00 AM	Brunch
10:30 AM	Closing Chapel
12:00 PM	Head for home

#### **SPECIAL DIETARY NEEDS**

We often have campers with special dietary needs and our Food Service works to accommodate them as much as possible. Gluten free and dairy free options are available at all meals. Campers with serious food allergies or dietary concerns are asked to call camp to discuss the menu with the Food Service Director prior to the camp date. Email [foodservice@shamineau.org](mailto:foodservice@shamineau.org)

**WEEKEND ACTIVITIES - ALL ARE OPTIONAL. All activities are included in the price of your registration**

- Horse Trail Rides – must be preregistered for this activity
- Leather Shop
- Campfire Doughnuts
- Gift/Coffee Shop
- Zip Line, Giant Swing, Catwalk on the High Ropes Course
- Climbing Wall
- Naps
- Leisurely Walks/Hiking
- Pontoon Rides
- Crafts
- Workshops
- Volleyball/Open Gym

**DIRECTIONS –2345 Ridge Rd, Motley, MN 56466**

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 4 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.

**INSURANCE COVERAGE**

Camp Shamineau carries excess medical coverage. Any medical bill resulting from injury to a camper must first be submitted to the patient’s health carrier. Illness treated at camp must be covered by the patient. Hospitals are available in Staples, Little Falls and Brainerd for emergencies. We have a number of First Responders and Emergency Medical Techs on our staff.

**PHONE**

The Camp Shamineau phone is 218-575-2240. Office hours are Monday thru Friday 8:30 am – 4:30 pm. If you need to contact one of our guests for an emergency, another number will be given when you dial the regular camp number. This number is for emergencies only!

**ITEMS TO BRING** (these are just suggestions, if you think you need additional items, bring them!)

- Pillow and sleeping bag or bedding for a bunk
- Bible
- Towel and toiletries
- Flashlight
- Clothes (Casual and suitable for the season. Some outside activities, so plan accordingly.)
- Jacket/sweatshirt
- Tennis shoes
- Umbrella/Rain Gear
- If you are planning on a trail ride, bring hard soled shoes (like athletic shoes) and long pants