

# FATHER & SON RETREAT



The countdown is on, and we can't wait to welcome you to Camp Shamineau's Father & Son Retreat!

This weekend is all about stepping away from the everyday, making unforgettable memories, and growing together in your faith.

We've got an exciting lineup of activities for you, including horseback trail rides, zip lines, laser tag, open gym, a polar plunge, and more!

All activity fees and meals are covered in your registration, but if you'd like a snack or souvenir, the gift shop will be open.

We're praying for a fantastic weekend and can't wait to see you soon!

## The weekend kicks off Friday night!

### SCHEDULE:

6:30 – 7:30 PM: Check-in at the gym (gym activities available)

8:00 PM: Opening session in Oak Hollow

We'll wrap up the weekend on Sunday around noon after chapel. No lunch will be served.

If you're arriving after 8:00 PM on Friday, please call us at 218-575-2240 to make arrangements.

# Housing Details

Fathers and sons are housed together in the same room with other sons of similar age and their fathers.

We have both retreat center and cabin housing options, preassigned by our registrar. Younger sons will be given preference in retreat centers with bathrooms nearby.

If you are coming with a group of fathers and sons, you will be housed together. If you are coming with just 1 or 2 friends or coming by yourself you may be housed with other fathers and sons of similar ages.



## Dietary Restrictions

We do offer some food options for those with dietary restrictions. For specific questions email [foodservice@shamineau.org](mailto:foodservice@shamineau.org).

[FIND OUT MORE](#)

## Insurance Coverage

Camp Shamineau carries excess medical coverage. This means that 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. On our staff we do have a number of Emergency Medical Responders.

# Typical Weekend Schedule

<b>Friday</b> 6:30 Check-In Begins 7:00 Friday Night Activity 8:00 Chapel in Oak Hollow 9:00 Open Gym	<b>(Saturday Continued)</b> 5:00 Supper 6:30 Chapel in Oak Hollow 8:00 Evening Extravaganza
<b>Saturday</b> 8:00 Breakfast 9:00 Pony Rides 9:30 Chapel in Oak Hollow 11:00 Open Recreation (11:00 to 5:00pm) 12:00 Lunch	<b>Sunday</b> 8:00 Breakfast 9:00 Open Recreation 10:30 Chapel in Oak Hollow 12:00 Head for Home!



## LOST AND FOUND

We keep lost and found articles for 2 weeks after the event. Contact us ASAP for retrieval.

## WHAT NOT TO BRING:

- Firearms
- Fireworks
- Drones
- Alcohol

## Packing List

If you think you need additional items, bring them!

- Sleeping bag or bedding (Beds are twin sized)
- Flashlight
- Warm clothes!!
- Winter Gear
- Swimsuit for the Poplar Plunge!
- Bible and notebook
- Money for the gift shop and snack shop
- Toiletry items
- Towels & washcloths

## Activities During Open Rec

\*All activities are included in your registration fee, there is no additional cost.

- Horse Trail Rides**
- Leather Shop**
- Campfire Doughnuts**
- Gift/Snack Shop**
- Zip Line**
- High/Low Ropes Course**
- Climbing Wall**
- Crafts**
- Open Gym**
- Shooting Sports**

218-575-2240 | [Shamineau@shamineau.org](mailto:Shamineau@shamineau.org)  
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**WWW.SHAMINEAU.ORG**

# Father Son Weekend Menu

*Gluten-friendly options are available for most meals; please ask our staff if needed.*

## **Saturday Breakfast**

Caramel rolls, kielbasa, hash brown triangles, and breakfast egg rolls. Muffins, cereal, milk, juice, and a yogurt bar will be available.

## **Saturday Lunch**

Brisket chili with cornbread muffins, roasted potatoes, green beans, and mac and cheese will be served. Brownies and a salad bar will be available.

## **Saturday Dinner**

Ham, cheesy potatoes, dinner rolls, broccoli, and a salad bar. Cookies for dessert.

## **Sunday Breakfast**

Biscuits and gravy, bacon, scrambled eggs, cereal, muffins, milk, juice, and a yogurt bar will be served.

### **Yogurt Bar Includes**

Yogurts  
Granola  
Mandarin Oranges  
Cottage cheese  
Berries  
Cereal bars  
Instant Oatmeal  
Fruit

### **Salad Bar Includes**

Lettuce  
Bacon Bits  
Cucumbers  
Cheese  
Cherry Tomatoes  
Croutons  
Dressing  
Carrot Stick