



# MOTHER SON RETREAT



The countdown is on, and we can't wait to welcome you to Camp Shamineau's Mother & 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, a high ropes adventure course, laser tag, open gym, and more! Whether you're up for an adventure or just looking forward to quality time together, this weekend is for you.

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

\*Mothers and Sons are housed separately in most circumstances.

Mothers will be housed in a room/cabin right next to their son's room/cabin. Sons will be housed with other boys their own age as well as with their siblings if that applies, unless requested otherwise. In some circumstances, sons may be housed with their mothers. Preference for this will be given to younger sons. Younger sons (ages 5-9) who are not housed with an older sibling or their mother will be housed in a room with other boys their age and a male counselor.

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

If you are coming with a group of mothers and sons, you will be housed together.



## Dietary Restrictions

We do offer some food options for those with dietary restrictions. To view our dietary statement please go to our website [www.shamineau.org](http://www.shamineau.org). and proceed to the "Forms and Information" section. 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 have a number of First Responders and EMT's.

# Typical Weekend Schedule

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



## Packing List

if you think you need additional items, bring them!

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

## Activities

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

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

### 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

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