

MOTHER DAUGHTER RETREAT



The countdown is on, and we can't wait to welcome you to Camp Shamineau's Mother & Daughter 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, crafts, open gym, 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

8:00 PM: Opening session in Oak Hollow

*Gym will be closed in preparation
for the Friday Night Event!

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

Moms and daughters are housed together in the same room with other daughters of similar age and their moms. If you are coming with a group of moms and daughters, you will be housed together and will know the others in your cabin or room. If you're coming with a group, please indicate that when you register.

We have a variety of buildings that house our guests. Our Retreat Centers have sleeping rooms, each typically with 3 sets of bunks. The bathrooms are a short walk down the hallway. Our cabins have 6 sets of bunks, with the bathrooms located in a building just a short walk away. Younger daughters and their moms will typically be housed in buildings where bathrooms are right down the hallway from their rooms.

Chapel Speaker: Kirsten King

Kirsten King grew up in the Twin Cities and graduated from the University of Northwestern, St. Paul. She holds a Master's of Theological Studies from Trinity Evangelical Divinity School in Deerfield, IL. She lives with her husband, Kenny, in Saint Paul, Minnesota. Kirsten serves on the pastoral team (with her husband, Kenny) at Capital City Church in Saint Paul, MN. She is also the author and host of the Good Story Podcast. Kirsten is an active Bible teacher and speaker for various conferences, camps, churches, schools, and events. She has a passion for God's Word and for how it can transform lives to bring glory to God. In her spare time, Kirsten is an avid sports fan and enjoys spending time with her family, going out for lunch, reading, running, and buying shoes!



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 and proceed to the "Forms and Information" section. For specific questions email 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

Friday 6:30 Check-In Begins 8:00 Chapel in Oak Hollow 9:00 Friday Night Event!	(Saturday Continued) 5:00 Supper 6:30 Chapel in Oak Hollow 8:00 Saturday Night Event!
Saturday 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	Sunday 7:30 Breakfast 9:00 Open Recreation 10:30 Chapel in Oak Hollow 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
- Casual clothes
- Outdoor wear
- Bible and notebook
- Money for the gift shop and snack shop
- Toiletry items
- Towels & washcloths
- Event Clothing

Activities

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

Horse Trail Rides

*Pre-registration required

Leather Shop

Campfire Doughnuts

Gift/Coffee Shop

Zip Line

High/Low Ropes Course

Static Ropes Course

Climbing Wall

Crafts

Open Gym

Shooting Sports

218-575-2240 | Shamineau@shamineau.org

2345 Ridge Rd. Motley MN 56466

WWW.SHAMINEAU.ORG

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

Mother Daughter Weekend Menu

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

Saturday Breakfast

Crepes with whipped cream, strawberries, blueberries, raspberries, syrup, and chocolate chips, along with kielbasa, hash browns, scrambled eggs, a yogurt bar, cereal, juice, and milk.

Saturday Lunch

Turkey pesto melts, baked little potatoes, pasta salad, asparagus, a salad bar, and caramel swirl brownies.

Saturday Dinner

Fried rice, stir-fry noodles, stir-fry vegetables, orange chicken, honey garlic chicken, egg rolls, wontons, a salad bar, and cookies.

Sunday Breakfast

Chocolate croissants, danishes, bagels with cream cheese, bacon, breakfast potatoes, baked frittata bites, a yogurt bar, cereal, juice, and milk.

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