



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! 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

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

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 you would know the others in your cabin or room. If coming with a group be sure to indicate that when you register.

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 with the bathrooms located in a building just a short walk away from the cabin. Younger daughters and their moms will typically be housed in buildings with bathrooms right down the hallway from their room.



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 Evening Extravaganza
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

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
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WWW.SHAMINEAU.ORG