

OVERHAUL MEN'S RETREAT



Welcome to Overhaul!

Get ready for an incredible weekend filled with fun activities and time to grow in faith together. True to its name, "Overhaul" (meaning to take apart, examine, and repair if necessary) offers you the chance to step back, refocus, and recharge.

We've packed the schedule with activities including; a high ropes course, zipline, open gym, horse trail rides, leather shop, and more. All your activity fees and meals are covered, just bring some extra cash for snacks or gifts at the gift/snack shop.

We are looking forward to seeing you here 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

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. If you are coming with a group 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 small groups of men.



Dietary Restrictions

We do offer some food options for those with dietary restrictions. 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 do have a number of Emergency Medical Responders.

Typical Weekend Schedule

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

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

WHAT NOT TO BRING:

- Fireworks
- Drones
- Alcohol

****SPECIAL NOTE ON FIREARMS****

You may bring your own firearms and ammo for the rifle range. Guns must be cased and locked in your car trunk when not in use. If staff determines a firearm is unsuitable for our range or surroundings, it cannot be used at camp.

Packing List

If you think you need additional items, bring them!

- Sleeping bag or bedding (Beds are twin sized)
- Flashlight
- Warm clothes!!
- Winter Gear (Hats, gloves, boots, ect.)
- 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
Open Gym

Sample Overhaul Weekend Menu

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

Saturday Breakfast

Blueberry breakfast bake, kielbasa, hash browns, egg bites, a yogurt bar, cereal, juice, and milk.

Saturday Lunch

Pulled pork sandwiches, waffle fries, green beans, dinner rolls, a salad bar, and cookie bars.

Saturday Dinner

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

Sunday Breakfast

Breakfast burritos, breakfast potatoes, 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