
OVERHAUL RETREAT

AT CAMP SHAMINEAU



Welcome to Overhaul, get ready for an incredible weekend filled with adventure, connection, and time to grow in faith together. True to its name —"Overhaul," meaning to take apart, examine, and repair if necessary—this weekend getaway offers you the chance to step back, refocus, and recharge.

We've packed the schedule with activities; high ropes, zipline, open gym, horse trail rides, a static ropes course, and shooting sports.

Saturday night brings even more fun with a hayride, campfire, climbing wall, and more. Best of all, activity fees are covered, just bring some extra cash for snacks at the gift shop.

We can't wait to see you there!

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. 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 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 5:30 Vision Presentation 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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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
- Winter Wear (Hats, gloves, boots, ect.)

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.

218-575-2240 | Shamineau@shamineau.org

2345 Ridge Rd. Motley MN 56466

WWW.SHAMINEAU.ORG