



We are looking forward to your arrival on Friday for the annual DuBois Center Father & Son Retreat! Rain or shine, it promises to be a great weekend with lots of fun activities and quality family time.

**Housing:** This year, we have families living in Hickory Lodge and the Cottages (see the attached list). Hickory Lodge is full, so if you were later to register or requested “either or no preference” for housing, you are in a cottage. Everyone staying in a cottage will need to **bring their own bedding**.

If our records show that your paperwork is NOT complete, a **Registration, Health & Permission Form** is attached. The deadline for any online changes is **NOON on FRIDAY**, as we will not have timely access to the updates after that. If utilizing the paper form, please bring the completed forms with you to camp on Friday.

Check-in is from **7:00-7:20 pm on Friday, March 29** in Oak Lodge. The program will begin at 7:30 pm. Dinner on Friday IS NOT provided. However, you are welcome to pick-up something on your way to camp and eat it here. The retreat will conclude with **lunch on Sunday, March 31**.

A list of lodging by family group is included in the packet. If you will be in a **COTTAGE** - **bring pillows, TWIN sheets and blankets, or a twin bottom fitted sheet and a sleeping bag.**

**ADDITIONAL ITEMS TO BRING:**

- Water Bottles - refillable
- Travel Mugs
- Flashlight
- Digital camera with MEMORY CARD, if you have one.
- Kite & String, if you have these on hand. Don't purchase specially.
- Towels & Wash Cloths
- Toiletries including soap, toothpaste, toothbrush, deodorant, shampoo, etc.
- Bedding - if lodging is in a COTTAGE
- Dress for the weather - older, casual clothing that can get dirty and even stained with paint. Layers are recommended! (There will be a hayride one night and an option service project.)
- Come prepared for MUD on hikes, in the creek, etc. We recommend bringing a set of mud clothes & BOOTS - just in case. Bring an extra trash bag for the trip home, too.
- In addition to mud and rain, there will be optional work projects. Clothes that can get paint or stain on them are recommended
- Rain gear (We have lots of indoor and outdoor activities planned – even in light rain.)
- Fishing poles, gear & bait (optional)
- Bicycle (optional) & helmet
- (If you bring a bike, wearing a proper, well-fitting helmet is REQUIRED for adults & children.)**
- Medications – any regular medications
- Snacks to share in the evenings (fruit, cookies, granola, chips, etc.)
- Registration, Health Information & Permission Form – 1 per participant (if not already completed and submitted online or by mail)
- Fee balance, if applicable (for registration fee and/or optional horseback ride)
- Extra money for the camp store (optional)

**MORE ON NEXT PAGE**

## Father-Son Retreat 2019 – Final Details, page 2

**A Word about Medications:** Medications are the responsibility of the adult participants – both in terms of storage and the administration. Please store any medications in your car, on your person or discretely in your living areas. If you will be staying in a cottage, be aware those sleeping areas are shared with other families.

We can also lock your medication in a box in Oak Lodge. In this case, you would have access at meal times and bedtime. Please let us know if you would like assistance with this.

**Directions to DuBois Center** and a map of camp are included. If you follow the attached map, as opposed to your GPS, you are likely to find fewer potholes. GPS often directs people to follow one of the back roads. You might save a minute or two, but that's it.

When you arrive, **please park in the lots by the basketball court and Ga-ga pit.** Leave your gear in the car and go to Oak Lodge to check-in and receive your housing assignment.

If you have any **food allergies or restrictions** and they are not already noted on your forms / profile, please let us know in advance – so accommodations can be made.

If you will be **arriving after 7:30pm** on Friday, please let us know in advance so we can... leave the lights on for you.

If you have any questions, please feel free to contact either Julie our registrar or me.

Sincerely,

*Shirley Amussen*

Retreat Coordinator  
dcinfo@DuBoisCenter.org

### Registration

618.357.1809

register@DuBoisCenter.org

12 – 4 pm, Monday – Friday

### QUESTIONS?

[www.DuBoisCenter.org](http://www.DuBoisCenter.org)

### Camp & Program

618.787.2202

dcinfo@DuBoisCenter.org

9 am – 2 pm, Monday – Friday

Emergency Host Cell # 618.314.6553