



TROUT
LAKE CAMPS

**MOTHER/DAUGHTER
PARENT
INFORMATION
PACKET**

TABLE OF CONTENTS

Letter to Moms	p. 3
Updating Registration Numbers and Payments	p. 4
Payments, Cancellations, and Refund Policy	p. 4
Tentative Schedule	p. 5-6
Camp Contact Information	p. 7
Friday Night Checklist	p. 8
Important Reminders: Food Allergies	p. 8
Packing List	p. 9

Dear Moms,

We are so excited to have you and your daughter(s) joining us for our Mother/Daughter Retreat at Trout Lake Camps! We anticipate that God will move in tremendous ways during this coming weekend. Designed to be more than just a weekend full of fun & excitement, we hope your weekend will provide one important thing: A shared camp experience that deepens family bonds and deepens the faith of women and girls in Jesus Christ.

This packet contains all of the information and documentation that you will need prior to arriving at Trout. Your success is our success. If you need something or have a question, we would love to hear from you. It is our joy to serve you in this process. We will take care of the details so that you can focus on spending time with your daughter.

It is our hope that this weekend is a chance for you and your girl(s) to get away from the normal everyday routine and to connect through shared activities, worship times, devotions, and chapel times. We hope you create memories at Trout that will last a lifetime.

As a mom, we hope your role in this weekend will fall into these basic categories:

SPIRITUAL

- o Pray that God would show up in a powerful way in you and your daughter's life at this retreat
- o Be a model of Christian character (your daughter(s) do what you do, say what you say, love how you love)
- o Be sensitive to the spiritual needs of your daughter(s)
- o Come prepared to pray with and for your daughter(s)
- o Be ready to respond with the Gospel as the Spirit moves following chapel times and with conversations that take place throughout the weekend
- o Be open to whatever change God would do in your own life

RELATIONAL

- o Make the first move in initiating conversations with your daughter(s)
- o Listen and teach *how to listen* by your example
- o Follow Trout's rules and enforce them gently but firmly with your daughter(s)

GENERAL

- o Be prepared for check-in when you arrive! Log into your troutlakecamps.org account to make sure your Medical and Liability Forms are complete to make sure you are ready and don't have to spend the first part of your weekend filling out and signing forms. If you are missing any forms, an "Incomplete tasks" button will show on the main page of your account.

Know that we are praying for you and your daughters(s) as the weekend of the Mother/Daughter Retreat approaches!

UPDATING REGISTRATIONS

All registrations are electronic via our website: TroutLakeCamps.org

Simply click the orange Register/Login rectangle in the upper right hand corner of the home page. You will be prompted to create a login on our website or login with an existing account. If you are having trouble accessing or registering an account with us, give our main office a call at 218.543.4565.

Registration opens on May 1st

Prior to finalizing your online registration, you will be prompted to pay via credit card number or ACH. If payment is not received, your registration will not be completed. Your payment method will be charged the moment you finalize online registration.

Cost, refund amounts and deadlines

- Cost is \$145 per adult and \$99 per child.
- \$50 of registration cost is nonrefundable up until one week before the retreat.
- 100% of the registration fee per person is nonrefundable within one week of the retreat.
- Refunds are issued using the payment method that was used for registration.
- If you need to cancel, contact our main office at 218.543.4565.

reflect

mother/daughter retreat

friday

- 7-8:30 Check-In & Snack
- 8:30 Chapel
- 10:30 Lights Out

saturday

- 8:00 Rising Bell
- 8:30 Breakfast
- 9:15 TAG
- 10:00 Craft Tog
- 10:45 Chapel
- 12:00 Lunch
- 1:00 Afternoon Activities
- 5:15 Dinner
- 6:15 Color War (Soccer Field)
- 7:30 Chapel
- 8:30 Evening Activities (see back of schedule)
Snack in Dining Hall
- 10:30 Lights Out

sunday

- 8:00 Rising Bell
- 8:30 Breakfast
- 9:00 TAG
- 9:45 Mother/Daughter Craft
- 10:30 Chapel
- 11:30 Lunch
- 12:00 On the Road! See you this Summer!



Free Time

Saturday Afternoon Activities (1:15 - 5:15 pm)

ACTIVITY	TIME	LOCATION	RESTRICTIONS
Zipline	tbd	Tbd	None
Zumba Class	Tbd	Tbd	
Improv Class	Tbd	Tbd	
Hair Braiding Class	Tbd	tbd	
Nail Polish Painting	tbd	tbd	
Laser Tag	1:15 - 5:15	Laser Tag	None
Indoor Climbing Wall	3:15 - 5:15	The Barn	Closed-toe Shoes
Bouldering Wall	1:15 - 5:15	The Barn	Closed-toe Shoes
Camp Store	1:15 - 5:15	The Barn	None
Soda Fountain	2:00 - 4:00	The Barn	None
Barn Activities (Ping Pong, Foosball, Pool, Air Hockey, Carpet Ball, Board Games)	1:15 - 5:15	The Barn	None
Black Light Dodgeball	1:15 - 5:15	Ridgeline	None
Open Broomball	3:00 - 5:15	The Point	None
Floor Hockey	1:15 - 5:15	Rec Hall	None
Rec Hall Activities (Ping Pong, Pool, Carpet Ball, Foosball)	1:15 - 5:15	Rec Hall	None

Saturday Night Open Rec Activities (10:00 - 11:00 pm)

ACTIVITY	TIME	LOCATION
Snack	8:30 - 9:30	Dining Hall
Nail Painting	8:30 - 10:00	The Barn
Bouldering	8:30 - 10:00	Upper Barn
Barn Activities	8:30 - 10:00	The Barn
Bonfires with S'mores	8:30 - 9:30	Old Amp
Board Games, Coloring, & Bracelets	8:30 - 10:00	Dining Hall
Floor Hockey	8:30 - 10:00	Ridgeline
Scooter Soccer	8:30 - 10:00	Tall Timbers



@TroutLakeCamps #WeAreTrout



TROUT LAKE CAMPS CONTACT INFO

Phone Number: 218.543.4565

Program questions or questions about the schedule:

hPrigge@TroutCamps.org

Registration questions: Registration@TroutCamps.org

Food allergy questions: rLockhart@TroutCamps.org

MOTHER/DAUGHTER

FRIDAY NIGHT CHECKLIST!

This checklist lists all the forms that need to be filled out and ready prior to check in on Friday night.

- MEDICAL & LIABILITY RELEASE FORMS.** Medical and Liability Waiver forms were included during the registration process. If any of the forms were not completed at that time, please log into your troutlakecamps.org account to complete those forms. Any incomplete forms will need to be filled out upon arrival.

- PAYMENT** via credit card or ACH when you registered via our website or via mailed-in check.

IMPORTANT REMINDERS

FOOD ALLERGIES

If anyone in your family has an allergy that limits what they can eat, please contact our Food Service Director, Rick Lockhart, to work out suitable meals or to arrange if bringing your own prepared food. Rick can be reached at rLockhart@TroutCamps.org by phone at 218.543.7530.

Trout's canteen and snack areas have foods containing peanuts and tree nuts. Campers may bring personal snacks with them to camp.

MOTHER/DAUGHTER PACKING LIST



What to Bring:

- Bible
- Notebook
- Pen or Pencils
- Bedding: Pillow, blankets or sleeping bag, sheets (twin size)
- Toiletries, towel, pajamas, etc.
- Gym shoes (For indoor activities)
- Closed-toe shoes (required for certain camp activities)
- Casual clothing (jeans and hoodie kind-of-weekend)
- Some activities will be outside, so bring warm clothing (and an extra set "just in case")
- Cash to purchase extra treats and camp souvenirs (Trout also accepts credit cards in most areas)
- Extra garbage bags for dirty clothes

What to Expect:

- To be challenged to grow in your relationship with Christ
- To meet new friends and grow closer as a parent with your child(ren)
- To have lots of fun
- Connect with God through meaningful worship times
- To grow closer as a family in your relationship with Jesus
- To be exhausted at the end from a full, fun, and meaningful weekend
- Minimal Internet. Trout's internet bandwidth is only large enough to support the needs of the camp. Most major cell carriers have good 4G reception at Trout.

Items to Leave at Home:

- Expensive electronics that can get damaged or stolen (laptops, tablets, phones)
- Tobacco products, alcohol products, illegal drugs, vaping products, fireworks, weapons, guns, etc.
- Pets
- Bad attitudes
- Personal climbing gear
 - *Our staff are only trained to manage our activity gear