



## Couples Retreat

**\*\*This is a tentative schedule. Please note that while it will most likely follow this sample, the retreat host will send you a schedule and packing list within two weeks of the event.**

### FRIDAY

6:00 - 7:00 pm: Check-in @ Office Foyer

7:15 pm: Orientation, Snacks, Intro to the weekend

7:30 - 9:30 pm: Session @ SSV

### SATURDAY

8:00 am: Breakfast

9:00 am: Session @ SSV

11:30 am: Lunch - picnic!

1:00 - 5:30 pm: The Nest Coffee Shop is open

1:00 pm: Zip 3000

2:45 - 5:45 pm: Rappeling

6:00 pm: Date-Night Dinner @ the Big Yurt

7:00 - 9:00 pm: Session

9:30 pm: Campfire & S'mores

### SUNDAY

8:00 am: Breakfast

9:00 am: Session

11:00 am: The Nest Coffee Shop is open

12:00 pm: Lunch

12:30 pm: Departure

### FREE TIME ACTIVITIES:

- Kayaking (equipment provided)
- Mountain Biking (BYO gear... helmets are required!)
- Fishing (catch & release only, BYO gear)
- Sports (volleyball, basketball, field games - balls in the green box by the field courts)
- Hiking

Questions? Please contact us at [retreats@campeagle.org](mailto:retreats@campeagle.org)

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# Couples Retreat

## BASIC PACKING LIST:

- Comfy clothes—plan for warmer days + cooler evenings & mornings
- Swimsuit
- Comfy shoes—closed-toe preferred—you can hike in
- Spending money for the camp store & coffee shop
- Personal toiletries, medications, & first aid supplies
- Flashlight
- Bible, notebook, & pen
- Refillable water bottle
- Sunscreen & bug spray
- **No pets** - not even cute & cuddly pets (seriously, no pets)

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