

# Women's Retreat Vacation Planning Guide

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An outdoor lakefront setting with the likelihood of still warm fall days (70°), cool nights (50°) and the possibility of a rainy morning suggests your clothing needs. Dress at Camp Arcadia is casual. You'll want a warm jacket, warm pajamas, and most likely both shorts and pants. Tennis shoes are appropriate for all areas, including our hiking trails. Lake Michigan can still be warm during the early fall -- swimming enthusiasts will want to bring their suits for an afternoon dip! Sunday morning worship is on site and dress remains casual.

Rooms are assigned on a first come, first served basis according to needed bed space and health considerations. Rooms are provided with bedding; bath towels will be refreshed on Saturday. Please bring your own beach towels and hand towels.

Coin-operated laundry facilities for guests are located in the basement of the Wigwam adjacent to the women's beach showers. Laundry detergent is provided. There is also an iron and ironing board in the laundry room.

Delicious meals are served in the Inn's dining room: both breakfasts are from 7:30-9:00 a.m., Saturday lunch is at 12:30 p.m. and dinner is at 6 p.m. Sunday lunch is at 11:30 a.m. Please contact the office if you have any special dietary restrictions or needs.

Camp Arcadia is on EASTERN DAYLIGHT TIME. The first session on Friday evening will begin at 7:30 p.m. Massages will be available at a reasonable rate on Friday and Saturday during free time.

*ITEMS TO BRING TO CAMP ARCADIA  
TO MAKE YOUR STAY ABSOLUTELY PERFECT!*

Insect repellent, aspirin, Band-Aids	Bible
Notepaper & pen	Camera & film
Flashlight	Alarm clock
Facial tissues	Umbrella
Bath soap	Walking or tennis shoes
Books, Needlework	Scrabble, Cards, etc.
Sun Glasses, Sunscreen	Bathrobe and slippers
Jacket, sweatshirt, shorts and jeans	

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Camp Office: (231) 889-4361  
3046 Oak Street, PO Box 229, Arcadia MI 49613 [www.camp-arcadia.com](http://www.camp-arcadia.com) fax: (888) 753-1922

# Camp Arcadia Women's Retreats

## Sample Schedule

### *Friday*

4:00 - 7:30 PM

4:00 - 7:30

5:00 - 7:00

After Sunset (8:00-ish)

9:15 - 10:00

9:00-10:30

Check-in

Trading Post Open - Light Supper served

Wine Tasting in Wigwam

Welcome & Overview

"Get-to-Know-You" Mixers in the Round Up

Trading Post Open for snacks

### *Saturday*

7:30 - 9:00 AM

9:00

10:15

11:00

12:30 PM

1:15 - 2:15

2:30 - 3:30

3:30

3:30 - 5:30

3:30 - 6:00

6:30 PM

7:15 - 9:15

9:45 - 10:05

10:15

9:00 - 10:30

Breakfast Buffet

Session I - (Hymn singing will begin 15 minutes before)

Break

Session II - (Hymn singing will begin 15 minutes before)

Lunch

Break-out Session I

Break-out Sessions II

Free Time

Trading Post & Craft Shop Open

Massages

Dinner

Saturday Night Lively

Arcadia Evening Prayer

Campfire

Trading Post Open

### *Sunday*

7:30 - 9:00 AM

7:45

8:30

10:00

11:45

Breakfast Buffet

Polar Bear Swim!

Bible Study Class in the Assembly

Worship Service at the Chapel on the Beach

Lunch & Farewell