



CHRISTIAN ASSEMBLY MEN'S RETREAT //OCTOBER 25-27, 2024

WHAT YOU NEED TO KNOW...

To help you prepare for retreat, we've put together some information about what to pack, how to get up the mountain and how to enjoy yourself once you get there!

Our hope is that the Men's Retreat will be a chance to escape the busyness of life at home and create a space where we can connect with God, as well as connect with one another.

WHEN SHOULD WE HIT THE ROAD?

- Leave as early as possible on Friday. There can be a lot of traffic, especially on Fridays. Estimated travel time without traffic is 1.5 hours leaving from Eagle Rock.
- Check-in opens at 2pm, but you are welcome to walk the grounds anytime that day.
- Please try to carpool with others because a) it's fun and b) parking spots at Forest Home are limited.

WHERE ARE WE GOING?

Forest Home Christian Camp
40000 Valley of the Falls Drive
Forest Falls, CA 92339
www.foresthome.org

CAN I GET A RIDE TO THE RETREAT?

- Yes! You are responsible for finding a ride to the retreat by contacting men on the carpool list.
- If you did not receive the carpool list but would like it, please email [rickyr@cachurch.com](mailto:ricky@cachurch.com).
- Please bring cash to help share the gas expense with your driver.

WHAT TIME DOES THE RETREAT BEGIN ON FRIDAY?

- Check-in opens at 2:00pm at Blinco Lounge and ends at 7:00pm. If you arrive early, you are welcome to hang out on the Forest Home grounds but you won't be able to check-in until 2:00pm.
- Dinner is at 6:00pm to 7:00pm. If you plan to arrive after that time, please grab dinner on your way up.
- The first session begins at 7:30 pm at Hormel Hall.

WHAT DO WE DO WHEN WE GET THERE?

- Follow the “Christian Assembly Men’s Retreat” parking signs. Park in the main parking lot. Keep luggage in your car.
- **IMPORTANT:** Please remove all food items and food trash from your car due to bears. Bears have broken into cars before.
- Walk to Blinco Lounge to check in. At check-in, you’ll get your room assignment and a map. You can then drive or walk your luggage to your room. There is also additional parking near some of the rooms.

WHAT IF I’M GOING TO BE LATE?

- On Friday, check-in is open from 2:00pm to 7:00pm, and then after the session from 9:00pm to 9:45pm.
- If you arrive between 7:00pm-9:00pm, you’ll want to park, keep your luggage in your car, make sure to remove all food items and food trash from your car due to bears, and then make your way to Hormel Hall for the Friday night session. You can check in after the Friday night session.
- **SUPER IMPORTANT: ****If you plan to arrive after 9:45pm, check-in will be closed so please call Ricky at (323) 641-6780 before Friday at 1pm so he can arrange for you to get a key when you arrive. ******* You can then do an official check-in on Saturday morning.
- If you are planning to arrive on Saturday morning, you can check in from 8:45am to 9:15am. Breakfast is at 8am and the morning session starts at 9:15am. If you do plan to arrive on Saturday morning, please text Ricky at 323-641-6780 to let him know.

WHAT SHOULD I BRING?

- Warm clothes/layers. Weather in So. Cal mountains is hard to predict this time of year. Check the weather before you head up!
- Casual clothes and comfortable walking shoes. We want you to be cozy for the weekend! The buildings are fairly spread out so you will want good walking shoes to move about.
- Sports attire and tennis shoes for hiking, running and outdoor games (all optional)
- Flashlight. It gets pretty dark so a flashlight for walking at night is helpful!
- A Bible – paper physical Bible is best.
- Toiletries
- Credit/debit card or Apple Pay for the snack shop, coffee shop and gift shop.
- Games. You can hang out in the game room during free time, so bring your favorite cards or board games for everyone to play! Or use the games provided at Forest Home.

WHAT SHOULD I NOT BRING?

- Bed linens and towels – these will be provided.
- Alcohol. Please do not bring alcohol into your room or onto the Forest Home campus.
- Pickleball Paddle – unless you’re really good and think you can beat Marvin and Alan :)

WHAT WILL THE ROOMS BE LIKE?

- Approximately 4-5 men per room (a couple rooms have more than this) – everyone has their own bed.
- Each room has its own bathroom with shower.

- Most rooms have one bunk bed included, which means at least one person will be sleeping on a top bunk.

WHAT WILL THERE BE TO DO DURING FREE TIME?

- There will be plenty of free time and optional activities, including breakouts, prayer appointments, early morning worship, ultimate Frisbee, cornhole, pickleball and so much more!
- On Saturday afternoon, Forest Home also provides opportunities for a zip line, ropes course, swing, corn hole, giant Jenga, mini golf, and horseshoes.
- Feel free to bring a camera, hiking boots, puzzles, books, etc. Bring whatever feels fun for you!

WHAT IF I HAVE SPECIAL DIET NEEDS?

- Forest Home offers the following dietary options: a) gluten-free, b) dairy-free, c) egg-free, d) vegan, e) vegan and gluten-free, and f) gluten-free and dairy-free.
- You should have received an email with a Forest Home registration link where you can let them know any special dietary requirements. If you have not yet filled out that form, please do so by clicking here: <https://form.jotform.com/233626978696175?itinerary=65125>

WHAT TIME WILL WE END ON SUNDAY?

- Our program ends at 11:30am; no lunch will be provided.
- Forest Home asks that you check out of your room by 9:00am on Sunday, so you'll need to pack up and take everything to your car before breakfast at 9:00am.

MISCELLANEOUS:

- If you have specific questions about the retreat center, please feel free to reach out to our contact at Forest Home since they know the area and terrain much better than we do. Forest Home contact:

Jamie Sumnicht, Events Manager, Forest Home
909-389-4462
jamie.sumnicht@foresthomes.org

QUESTIONS PRIOR TO RETREAT?

- Email marvine@cachurch.com or call 323-641-6780.

EMERGENCY CONTACT FOR THE RETREAT

- If you get lost or need to reach someone during the retreat, please call Marvin: (818) 726-1866