



LAKESHORE  
united methodist assembly

# BACKPACKING RETREAT

Young Adult:  
November 6-8, 2009

Youth:  
April 16- 18, 2010

# Backpacking Retreat

Need to get away from it all? We can take you far away. Join us for a trip into the wilderness. We'll venture into the acres and acres of forest on Lakeshore's property with only what we need to survive for the weekend. Our food, our clothes, our shelter will all be strapped to our backs as we adventure into parts of Lakeshore most guests do not see. We will connect with the land, ourselves, and the God who made it all. This will be a wonderful time to leave the world behind and rest your spirit. A true retreat.

This is serious backpacking. Retreeters will need a backpack designed specifically for backpacking. We will be sleeping in tents each night whether it's clear, rain, or snow. No previous backpacking experience is required. We will give instruction where it is needed. Plan to pack light. Carry only the gear you need and the lightest gear possible (for instance, your pocket flashlight rather than a heavy mag light). We will provide the food and tents, but you are welcome to bring your own.

Fall: Young Adults (ages 18-35) November 6-8, 2009

Spring: Youth (ages 13-18) April 16-18, 2010

What to bring:	What will be provided:
<ul style="list-style-type: none"><li>• Backpack designed for backpacking</li><li>• Sleeping Bag (a small packable one)</li><li>• Pillow (again a small packable one)</li><li>• Wool socks</li><li>• Hiking boots</li><li>• Water bottle</li><li>• Bowl</li><li>• Fork/Spoon</li><li>• Pocket Knife</li></ul>	<ul style="list-style-type: none"><li>• Backpacking Tent (you might have to share a tent if you use one of ours)</li><li>• Pots/Pans for cooking</li><li>• Grills for cooking</li><li>• Food for each meal</li><li>• Water Filters</li><li>• First Aid Equipment</li><li>• Compasses/Maps</li></ul>

For more information contact Troy Taylor at 731-584-6102 or [troy@lakeshoreuma.com](mailto:troy@lakeshoreuma.com)

## Backpacking Retreat Form

*Enclose full payment with registration*

Cost of retreat is \$89

Payable by check or credit card

Send to: *Lakeshore UMA, 1458 Pilot Knob Rd., Eva, TN 38333*

Name: \_\_\_\_\_ Female \_\_\_\_ Male \_\_\_\_ Age \_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Fall \_\_\_\_ Spring \_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Visa \_\_\_\_ Mastercard \_\_\_\_ Card Number \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code \_\_\_\_\_

*Or make checks payable to Lakeshore UMA*