

Zona Men's Retreat 2024

The following forms and waivers must be turned in at check in. You can download them at azmn.org/men. If you have any questions about the forms, please email office@azmn.org.

- Young Life Guest [Consent Form](#) (1 page)
- Participant Agreement, Assumption and Liability Waiver (3 pages)
- Zona Men Health Form (2 pages)

Friday check-in is at 4:00pm for all campers and registration will happen at Iron Horse as well as room assignments.

Workers can arrive at 1:00pm

THERE WILL BE NO DINNER SERVED THE FIRST NIGHT AT CAMP. YOU MUST EITHER BRING SOMETHING OR GO INTO WILLIAMS FOR YOUR FIRST MEAL.

First Session Begins at 7:00pm in Iron Horse

Three meals will be served on Saturday as well as Sunday morning breakfast.

Camp will conclude around 11:30am on Sunday

Packing List and Ideas to Improve your Retreat Experience:

- Bring warm weather clothes and cold weather clothes, as it can be both within a few hours of each other.
- Bring shade hats, sun screen and solid walking shoes. Even if you think you will not do any rec, you probably will. There are lots of options for different levels of activity.
- Bring swim trunks and your own beach towel for the pool, hot tub, and water activities.
- You don't need bedding because the camp provides linens and a shower towel. But if you want, bring your own pillow, if you're easily chilled bring an extra blanket. The rooms have good heating, but no AC, that is done by opening windows.
- Bring phones and phone chargers, but don't rely on a phone for your Bible. The WiFi is good but not so good that 100 men can load a passage simultaneously.
- Be absolutely sure to bring everything you need medically CPAP, medicines, canes, and more. BE AWARE, many rooms have a switch that turns off lights and another switch

that turns off outlets. Not a nice surprise for the guys with CPAP, phones charging and so on to have their electricity turned off in the middle of the night.

- Bring a flashlight to keep by your bed for a late night bathroom run. The rooms are well lit in the evening but the camp goes very dark later in the night.
- Bring foam ear plugs because men snore. You may think you can't sleep with them in, but you probably can. You likely cannot sleep without them.
- Bring your Bible and your own notes system, likely notepad and pen.
- Bring extra money for food while traveling, and for the two love offerings. One will benefit speaker and music team. The other will benefit Set Free ministries doing the serving. Their ministry to us is why such a quality camp is so inexpensive.
- Bring a positive attitude and a courageous spirit to try new things, but don't push courage to foolishness. Bring a sense of camaraderie to be willing to be with, and do things with the other men. We often leave home early Friday to have a couple of hours at a lake. Taking the time to get out of valley mindset and into mountain mode before the retreat is very helpful.
- Don't bring alcohol, illegal drugs, or firearms. If you have firearms secure them where out of sight and locked such as a trunk.
- If you want to fish, you can do so either Friday before we start or Saturday afternoon during Rec time. Check the forest service stocking schedule to pick which lake to visit. Often White Horse is the best choice. You cannot fish in the ponds at the camp.