



Checklist: Men's Retreat

Pu'u Kahea Conference Center
85-199 Ala Hema St
Waianae, HI

Pu`u Kahea Office: 679-5515

Men's Ministry Directory:

Senior Pastor: Mike Palompo: 347-5073
Registration: Spark Media Pastor Rich Fewell: 497-7159
Mililani Pastor Earl Morihara: 271-7249
Mililani Pastor Mark Palompo: 392-0646
Mililani Men's Mentor Ben Aina: 256-1212
Wahiawa Men's Mentor Guy Shimabukuro: 398-3784
Wahiawa Men's Mentor Wayne Miyasato: 306-1794
Haleiwa Pastor Glenn Rosario: 347-9649
Haleiwa Men's Mentor Bob Chandler: 391-4353
Haleiwa Men's Mentor Creighton Chang: 721-1099
Haleiwa Men's Mentor Jeff Schrock: 729-0235

Thursday

5:00 PM Check-In
6:30 PM Dinner
7:30 PM Session 1
9:00 PM Breakout
11 PM Lights Out

Friday

7 AM Devotions
8 AM Breakfast
9 AM: Session 2
10:30 AM Breakout
12 PM Lunch
1 PM Free Time
6:30 PM Dinner
7:15 PM Group Photo
7:30 PM Session 3
9:00 PM Breakout
10:00 PM Campfire
12:00 AM Lights Out

Saturday

7 AM Devotions
8 AM Breakfast
9 AM Session 4
10:30 AM Clean Up
11 AM Beach Baptism (TBD)

RETREAT INFORMATION

Facility amenities:

1. Cabins, beds, linens, and community hot showers
2. Cafeteria style meals
3. Campfire
4. Outdoor seating areas
5. Open fields, basketball, volleyball, close to beach

What to Bring (in addition to teachable spirit!)

1. Comfortable clothing: Shorts and t-shirts
2. Swimwear: if planning to jump in the water at Pokai Bay baptism
3. Footwear: comfortable shoes and slippers
4. Jacket & sweat pants (it can get chilly/windy/rainy)
5. Insect repellent
6. Beach towel (Pu`u Kahea will provide the linens and bath towels)
7. Blanket/sleeping bag to be used over your mattress
8. Toiletries: shampoo, soap, toothbrush, toothpaste, deodorant, etc (hot water is available)
9. Bible (for Morning devotions & Sessions)
10. Journal or computer to do e-journal entry

Optional Items:

1. Hat & sunglasses
2. Snacks: (bring to share with others)
3. Drinks: If you want to bring your own special drink (non-alcoholic of course)
4. Earplugs (for light sleepers)
5. Flashlight
6. Personal water bottle/jug
7. Football, Volleyball or Basketball

Camp Rules:

1. No sleeping in or around the vehicles
2. Alcohol and Tobacco are prohibited
3. Footwear and shirts are required inside the dining hall
4. No pets allowed
5. Camp Pu`u Kahea assumes no responsibility for lost or stolen items
6. Gates will be locked after evening sessions for security purposes. Access code will be provided
7. Quiet time is from 11:00 pm until 8:00 am so that all guests at PKCC may enjoy a quiet and peaceful night of rest.
8. Upon leaving the camp grounds, please inform one of the NHC staff so that we know your plans.

Cabin Clean up (on last day):

- First take all your personal belongings to your car.
- Sweep all floors thoroughly.
- Clean the bathrooms (including sink, toilet, showers).
- Bag all rubbish and deposit in the dumpster.
- Make sure all windows are tightly closed and air conditioners and lights off.