

Ready For Your Retreat ?



What To Bring

- Health Forms
- First Aid Supplies
- Water Bottle
- Extra t-shirts & shorts to wear on zip-line (seasonal) & swing (**all** zip-line & swing riders must wear a t-shirt & shorts; zip-line riders will get wet)
- Bible, pen & notebook
- Gift Shop money
- Rainy day games, rain coats & umbrella
- Unamped guitars/other string instruments (optional)
- Camera & film
- Long pants & shirt are recommended for paintball ***must be at least 12 years old to play***
- Bedding (sheets, pillows & blankets): all beds are twin size; towels & personal toiletries.



Please Leave These At Home

- Shirts or hats with worldly advertisements (i.e. secular music groups, alcohol, tobacco, sex, satanic)
- Bikini/2-piece swimsuits
- Any paintball equipment including markers or paint
- Water balloons, squirt guns, etc.

General Reminders



Check-In Time

Please let us know your estimated time of arrival. Standard check-in is any time after 2:00 pm.



Schedule

Please e-mail your schedule to lookupkathy@bellsouth.net or fax it to 864.836.4160 at least 2 weeks prior to arrival.



Spending Money

Look Up's gift shop carries a variety of snacks, ice cream, drinks, clothing, personal items, etc.



Paintball

Players must be at least 12 years old to participate. Games are \$5 per person each game. Look Up Lodge will supply all equipment and safety gear.



Dress Guidelines

In order to insure that clothing worn by males and females will contribute to the spirit of camp in a positive way by being modest and acceptable, the following information is provided. Please make sure all shirts are loose fitting, have sleeves, cover stomach when arms are raised and shorts should be of proper fit and approximately mid-thigh in length. No bikini or 2-piece swimsuits, please. This applies to all activities.



First Aid Supplies

Look Up Lodge does not have a nurse on call during the school year. We encourage you to bring first aid supplies which include not only band-aids, but also items such as ace bandages, bee sting relief, Tylenol or Ibuprofen, Benadriol, gauze, tape, anti-biotic ointment, hydrogen peroxide and splinter-out. Also, don't forget health forms; medical personnel need that information in order to give the best care in an emergency situation.

More Information For You On The Back

Activities Schedule

Waterfront

Zip Line, Waterslide, Swimming, Paddle Boats & Kayaks

Saturdays: Open from 1:00-4:30pm.

Other days/times: Scheduled upon request.

Swimming, Zip Line, Waterslide & Kayaks are seasonal; all waterfront activities are subject to close due to weather conditions.

Giant Swing

Saturdays: Open from 1:00-4:30pm.

Other days/times: Scheduled upon request.

Paintball

\$5 per person, per game. MUST be at least 12 years old to play

Scheduled upon request.

Low Ropes

Scheduled upon request.

Gift Shop

Fridays: Open from 9:30-10:00pm.

Saturdays: Open from 3:30-4:00pm & 9:30-10:00pm.

Other days/times: Scheduled upon request.

Campfire

Scheduled upon request.

Meals

Breakfast: 08:00 am

Lunch: 12:00 pm

Dinner: 05:30 pm (6:30pm on Fridays)

Other times: Scheduled upon request.

Fishing

Catch and Release Only

All guests are welcome to fish anywhere around the lake, except around the swimming docks. Please bring your own fishing pole and bait.

Other Activities

Always Open and Available to All

Basketball, Volleyball, Bouldering Wall, Soccer, Softball, Tennis and Putt-Putt. Equipment is kept in the shed by the basketball courts and is available on a first-come, first-serve basis; please return equipment to the shed when you leave.

Look Up Lodge will contact you 2 weeks prior to your group's arrival to schedule all activities, meeting room set-up and to get your final guest count (# of boys, girls, adult males & females) in order to give your group the best rooming possible.

We are looking forward to your arrival!