

2026 Men's Retreat Information Sheet

Friday-Saturday, January 23-24

CAMP INFORMATION

This Men's Retreat is run by Capitol Baptist Church.

ADDRESS:

The Promised Land Camp
220 Boy Scout Road
Conestoga, PA 17516

CAMP CONTACT:

Jeremy McKay: 612.616.5413
Pastor Moore: 302.222.8326

GENERAL INFORMATION

Bring your own bedding, towels, toiletries, and snacks. The cabins are bunk-style camp cabins. Some have their own private bathroom and shower, but many share a private bath house. Paper products are provided.

BEDDING

Sleeping bags, sheets, blankets, and pillows will be needed. You can also bring an air mattress, if needed.

TOILETRIES

Bring your own soaps, towels, etc.

EXTRAS

You can bring sports equipment for the gym. You may also want to bring snacks and drinks for between meals. You can bring your favorite camp-approved board game as well!

ACTIVITIES

The following activities will be available to do during free time:

Included in Camp Price:

1. Open gym (enclosed area) with basketball and gaga ball
2. Gun range (at designated times – only .22 rifles and handguns)
3. Playing board games

MEN'S RETREAT CODE OF CONDUCT

We are excited to be hosting our Annual Men's Retreat at The Promised Land Camp in Conestoga, Pennsylvania, from January 23-24, 2026, and we are thrilled that you have chosen to attend. Our desire for this camp is for Christian men and their sons to spend time together, have fellowship with and meet other like-minded Christian men, and be strengthened in the faith while being challenged daily by God's Word.

Being a Christian camp, we strive to uphold biblical standards of conduct and dress. This printed code of conduct is designed to let you know what is expected of you and your family. If there is something that you are not willing to comply with, then we ask that you consider not attending the retreat instead of putting us in a position to have to address an issue while at camp. There will be no hard feelings if you choose not to attend. If you have any questions about camp standards, please contact Pastor Moore at 302.734.2410.

GENERAL INFORMATION

The camp standards are biblically based and will be upheld by all participants, of all ages. Following these rules while at the campground will help you to have a more enjoyable visit. Any violation of rules may result in being asked to leave camp prematurely with no refund. Please read them carefully.

ALL PARTICIPANTS CODE OF CONDUCT

Participants are not to bring alcoholic beverages, narcotics, fireworks, tobacco in any form, pets, unauthorized/unapproved guns, or weapons of any kind. Clothing with questionable pictures, emblems, or slogans is also not allowed.

Only fathers, grandfathers, and staff may have cell phones. No other electronics are permitted. No music is to be brought into the camp in any form or by any means. Any games or board games that are brought to the camp must be approved by the pastor. No playing cards (cards

that contain Ace, King, Queen, Jack, etc.) will be permitted. Card games such as Uno, Phase 10, and Dutch Blitz are permitted.

GENTLEMEN'S CODE OF CONDUCT

The following types of clothing are NOT to be worn – see-through or mesh-like shirts, sleeveless shirts, cotton sweatpants, oversized pants worn low on the hips, or modern or faddish-style clothing. Jeans, casual pants, and knee-length shorts and cut-offs ARE allowed but must extend to the knee. Shirts must be worn at all times. Men will not be allowed to wear earrings, necklaces, or any piercings. Hair must be off the ears and collar, and no dyed or carved hair styles.

IN CONCLUSION

Again, we thank you for being a part of our 2026 Men's Retreat! We are praying for and looking forward to a wonderful two days together. God bless!

Pastor Moore
2 Corinthians 5:15
Capitol Baptist Church
Dover, Delaware 19904

Men's Retreat Schedule

Friday-Saturday, January 23-24, 2026

This schedule is subject to change.

FRIDAY

11:00 AM	Arrival and Move-In
12:00 PM	Lunch in Dining Hall
12:30 PM – 5:00 PM	Free Time (Gym, Board Games, etc.)
5:30 PM	Dinner in Dining Hall
6:00 PM	Session 1
7:30 PM – 11:00 PM	Free Time
11:00 PM	Return to Cabin

SATURDAY

8:00 AM	Devotions
8:30 AM	Breakfast in Dining Hall
9:00 AM	Session 2
9:50 AM	Break
10:00 AM	Session 3
11:00 AM	Free Time (Gym, Board Games, etc.)
12:00 PM	Lunch in Dining Hall
12:30 PM	Free Time & Camp Cleanup
2:00 PM	Check-out and Departure