



Know Before You Go

## MARYLAND RETREAT

### WHAT'S INCLUDED

This retreat is free of charge and confidential. There is no chain-of-command reporting, and you will not receive a bill at the end of the retreat. Project Sanctuary will provide:

- Hotel accommodation-with a mini fridge and coin operated laundry
- All meals
- All activities and necessary equipment or materials
- Family portraits taken by a professional photographer

### WHAT TO BRING

#### CLOTHING

Dress is casual and you will have plenty of downtime.

Pack clothes you are most comfortable in, plus:

- Outfit for family portraits (solid colors photograph best)
- Date night outfit for Heroes Dinner
- Closed-toe shoes and athletic clothes for outdoor activities
- Waterproof jacket in case of rainy weather
- Sunglasses
- Swim suit and swim goggles

#### TOILETRIES

Toiletries are not provided by the retreat venue.

Please bring what you use at home, plus:

- Sunscreen
- Prescription medications
- Bug spray

#### OTHER ITEMS

- Reusable water bottle

### YOUR ARRIVAL

Please let your Retreat Manager know if you are running late and will miss check-in. If you are having trouble locating Sandy Cove Ministries please call 410-287-5433 or toll free 800-234-2683.

- The closest airports are Philadelphia International (PHI) and Baltimore/Washington (BWI)
- Check in is from 3-5 p.m.

### ADDRESS

Sandy Cove Ministries  
60 Sandy Cove Road  
North East, MD 21901

Healing Military Families