

Allergies and Medical Needs on Retreats

FOOD ALLERGIES: Lighthouse Family Retreat works with local caterers and/or vendors at each of our retreat locations. For this reason, we can only accommodate the following medical food allergies: gluten, dairy, and shellfish. Please note that because we work with multiple local caterers and vendors, we cannot guarantee there is no cross contamination in the food prep process.

Please note Lighthouse will provide all meals on retreat except for one lunch and one dinner. You will be responsible for these meals on your own.

OTHER ALLERGIES: Please provide any other allergies you may have at the time of your application. We provide a list of all allergies to our Medical Lead on site, so they are aware of any allergies.

If you have an allergy that causes an anaphylactic response, you must provide your own epinephrin injector (or epi-pen). Lighthouse does not provide an epi-pen on site. Please be sure you always carry the epi-pen with you on retreat.

MEDICAL INFORMATION: Please make Lighthouse aware of any pertinent medical information and/or medical needs you have prior to attending retreat. This will help ensure our medical lead has all pertinent information in a medical emergency.

SPECIAL NEEDS: Please make Lighthouse aware of any special needs that you and/or members of your family have prior to attending the retreat. Many of our environments are in large and stimulating settings that may be overwhelming for anyone with special needs. Other special needs may include limited mobility, wheelchair accessible housing, or anything that might affect your ability to serve. Please make us aware ahead of time so we can be prepared to best support you and your family.

*Please note we ask that you provide this information for any members of your group or family so that we can best serve and support you.