

# What to Bring to River's Bend 2011:

## *All guests:*

- A flashlight,
- Comfortable shoes,
- Towel (for bath and for river)
- Some kind of sweater, light jacket for cool, coastal evenings. (Check the weather report on our directions page.)
- Toiletries
- Insect repellent (we have very few mosquitos but ticks are present in the woods)

## *Rustic and Tent Cabins:*

- Your own sleeping bag and pillow case or sheets/blanket. We provide a bottom sheet and pillow.
- Towel.
- Rustic Cabin guests have a short walk to the shower house, so slippers or easy on/off shoes are a good idea.

## *Lodges, Circle and Cloud:*

- A towel. We provide sheets and a comforter on all beds in Improved Cabins and Lodges.
- Please bring appropriate slippers, socks if you are staying in Sunset. Guests are requested to remove their shoes inside Sunset.

## *General Information:*

We are a rustic retreat and conference center in the country. Folks need to bring bug repellent and watch for poison oak and ticks! Weather can be quite varied up here...layered clothing is recommended. **Sturdy shoes and a flashlight** are very important. All cabins are equipped and heated with wood stoves and stocked with wood and kindling as seasonally appropriate. From May-October we have a great swimming hole. Please note that there is no lifeguard on duty and kids 14 and under are not permitted without adult escort and supervision. Water shoes are suggested and **guests need to bring a beach towel**.

### *Laundry:*

Please note-Guests are permitted to use River's Bend laundry facilities only in emergency and with prior arrangement- by donation. **We have a first aid cupboard in the farmhouse kitchen.**

### *Pets:*

**Sorry, NO OUTSIDE PETS** are allowed at Wellspring. Service dogs are the only exception.

**Communication/Contact Info:** The courtesy **telephones** provided for our guests are not pay phones. Folks may call out to anywhere in the United States, but cannot receive calls. We welcome donations for long distance calls. **Cell Phone Policy:** Some cell phones do get reception ...however; we ask that folks *use them in private* as many people come up here to get away from phones, TV's & the like. Please plan accordingly. The emergency contact phone for your friends & family is **707-895-3990**. Our e-mail is [info@riversbend.org](mailto:info@riversbend.org) **Guest Messages will be announced at meal time or pinned on the bulletin board outside the office.** Please understand that we have one computer and cannot extend usage of it to guests, but we do have WIFI in our library and work tables for guests that wish to use their laptops. **We do not offer printing or copying services**, please take care of these needs before you come. Computer & Copy services are available in Boonville.

***Facility & Kitchen Usage/Meals:*** We cook for groups of 14 or more (often smaller groups & individuals may sign on by advance arrangement). We traditionally try to keep the main kitchen at River's Bend vegetarian & grill meats outside. We can add meat to our meal service menus by request. All improved cabins and lodges have kitchens or kitchenettes with refrigerators, dishes, cutlery and cooking facilities. Guests may cook meat in the improved cabins or use our gas barbeques. Rustic cabin guests may have access to shelf space for dry goods and refrigerator space in the "upper-landing" off the main kitchen by arrangement. Cooking in the Farmhouse Kitchen must be pre-arranged and facility rental fees may be applicable. **Groups and individuals must defer to River's Bend meal service....work around cooking schedule. We do not supply spices and other pantry items. Coffee and tea are served at Wellspring meals and available to individual guests in the kitchen by donation.** If you have arranged for meal service at Wellspring, please note that **we must have food allergy/special diet information at least two weeks in advance or we may not be able to accommodate you!** Please call our office directly at 707-895-3990, or email- as well as your group leader to register food allergy/special diet requests. **Please note that unless otherwise arranged, group retreats help do dining room set-up and dish clean up.** During our site orientation we provide a "kitchen angel" dish team sign up sheet. Dishwashing and others services are available.

We ask all guests to share this place in a way that is sustainable and respectful to the land and people. **BE MINDFUL OF OTHERS & LEAVE NO TRACE.**