

# River's Bend Retreat Center

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## What to Bring to River's Bend 2020

### General Information:

River's Bend is a rustic retreat center in the country, along the beautiful Navarro River and next door to amazing redwoods. Our mission is to create a place that supports spiritual contemplation, ecological understanding and a deep connection between land and people. Much of our land is protected by a conservation easement to ensure that it is maintained as habitat for wildlife as well as humans. We invite you to come and be in community with this special place!

Guests may want 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 in addition to bathing towel.

### All guests:

- A flashlight
- Comfortable shoes
- Towel (for bath and for river)
- Your own reusable mug or cup, let's conserve resources together!
- Some kind of sweater, light jacket for cool, coastal evenings. (Check the weather report on our directions page.)
- Toiletries, including soap and shampoo
- Insect repellent (we have very few mosquitos but ticks are present in the woods. Light colored clothing, hats, long sleeves are helpful to avoid being bitten)
- Clothing suitable for warm afternoons and cool evenings – weather can change here, though generally we have sunny days and cool nights May – September.

### Lodges (Manitou, Blackberry, Sunset, Circle & Cloud):

- A towel for regular use as well additional towel for outside use. We provide all bedding 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.

### Rustic Cabins/Tent Cabins/Camping:

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

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### Other Information:

**Meals:** River's Bend tries to accommodate our guests meal needs, and our mission is to provide fresh, organic, non-gmo products that are in-season and locally sourced as much as possible. We generally serve vegetarian (lacto-ovo) food but usually include chicken and tuna salad for one or two meals. Please help us serve you by sharing any food allergies or needs you have so your group leader can send this information no later than a week in advance.

We also try to keep our prices as low as possible to keep our facility accessible as well as create a spirit of home and community. Over many years, we have found that groups can enjoy the spirit of teamwork that comes from helping to wash dishes and prepare the space for the next meal. We ask all groups to provide a team of 4-6 people (depending on size of group) "kitchen angels" after each meal to help wash, dry and put away dishes and set tables for subsequent meal. For groups for whom this conflicts with needs, we can provide this service for an added charge.

**PHONE CALLS** can be made from the courtesy guest phone booth right outside the office. We ask for donations for long distance calls. No international calls.

Some cell phones do get reception (mostly AT&T) ...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**, however, the office is staffed a limited number of hours a day. If you need for someone to reach you immediately, for health reasons, etc, please let us know, and we can give you the staff on-call phone #.

**INTERNET:** A wireless internet connection can be found in the library. If you need to use a computer, please bring your own laptop. We are not able to share our office computers with guests. Please be aware that we are in a rural location, and have **limited monthly bandwidth** via our internet connection. **We can accommodate limited downloading/uploading large files or streaming of any kind.**

**PRINTING/COPYING:** **We do not offer printing or copying services;** please take care of these needs before you come. Computer & copy services are available in Boonville.

**PARKING:** River's Bend highly encourages groups to organize car pools to support our shared environment and community. Once you arrive, please unload your things in your accommodations site and then return your car to the parking lot so that the space around your lodging is as beautiful and wild as possible!

**LAUNDRY:** Please note - Guests are permitted to use River's Bend laundry facilities only in emergency and with prior arrangement.

### **PETS:**

**We are Sorry, but NO OUTSIDE PETS** are allowed at River's Bend. Service dogs are the only exception.

### **MEDICAL SUPPLIES:**

**We have a simple first aid kit between the bathrooms in the Farmhouse Living Room, but if you know you may have special medical needs, please bring what you need.**

We ask all guests to share this place in a way that is sustainable and respectful to the land and people.

Please Be Mindful of Others and Leave no Trace.