

## What to Bring to Wellspring:

*Wellspring provides sheets and a comforter on all beds in Improved Cabins and Lodges.* Wellspring provides only a bottom sheet on all other beds in the Rustic Cabins and Tent Cabins. ***Guests in Rustic or tent cabins will need to bring a comforter or sleeping bag, pillow, etc.***

### **All guests need to bring their own towels and toiletries.**

We are a rustic, retreat 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. Guests are asked to remove shoes in Sunset cabin and the Farmhouse meeting room and Rustic Cabin guests have a short walk to the shower house, so slippers or easy on/off shoes are a good idea. 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. Please note-Guests are permitted to use Wellspring laundry facilities only in emergency and with prior arrangement by donation.

**Communication/Contact Info:** The courtesy **telephones** provided for Wellspring guests is not a pay phone. 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 now get reception at Wellspring...however, we ask that folks use them in private as many people come up here to get away from phones, TV's and the like. Please plan accordingly. The emergency contact phone for your friends and family is **707-895-3893**. Our e-mail address is [wellsprg@pacific.net](mailto:wellsprg@pacific.net). Fax: 707-895-3864. **Guest Messages** will be announced at meal time or pinned on the bulletin board outside the office. If absolutely necessary, guests may check their email in the office by pre-arrangement. Please understand that we have one computer line and access will be limited and always must defer to WRC business. We do not offer printing or copying services, please take care of these needs before you come or in Boonville.

**Kitchen Usage/Meals:** We cook for groups of 14 or more (many times individuals may sign on) by advance arrangement. As a rule, we try to keep the main kitchen at Wellspring vegetarian. Guests may cook meat in the improved cabins or use our gas barbeques. Already cooked non-vegetarian items can be eaten or served in the kitchen/dining room and may be heated in our micro wave. All improved cabins and lodges have kitchens or kitchenettes with refrigerators, dishes, cutlery and cooking facilities. Rustic cabin guests and campers may have access to shelf space for dry goods and refrigerator space in the "upper-landing" off the main kitchen by arrangement. Groups and individuals must defer to Wellspring meal service....work around cooking schedule. Please let us know in advance if you need to use the main kitchen. We do not supply spices and other pantry items. Coffee and tea are served at WRC 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 Wellspring directly at 707-895-3893 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.

**No outside pets** are allowed at Wellspring. Service dogs are the only exception. There is a local kennel nearby at the Anderson Valley Farm Supply 707-895-3655.

**Directions** to Wellspring: From the Bay Area and the South, take 101 North to 128 West (Fort Bragg/Mendocino/Boonville Exit just past Cloverdale). From North of Ukiah, take 101 South to the Hwy 253/Boonville exit. Take 253 approximately 16 miles, and then turn right onto Hwy 128 in Boonville. From Hwy 128, continue on through Boonville to the little town of Philo, and turn left onto Ray's Rd. (76 gas station on the corner). Follow the signs to Wellspring, going right when the road forks. We are at 18450, the very end of Ray's Rd. ...**See you soon!**