

What to Bring to Wellspring:

We provide 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 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. Guests are asked to remove shoes in Sunset cabin and the Farmhouse meeting room, 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. **We have a first aid cupboard in the farmhouse kitchen.** 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 **707-895-3893**. Our e-mail is 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 arrange to check their email on their own laptops with WIFI in the library. Please understand that we have one computer line & access will be limited & always must defer to Wellspring business. **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 Wellspring 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 and campers 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 Wellspring 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 707-895-3893, 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.

Our basic motto for using our facility, the cabins and the land is **BE MINDFUL OF OTHERS & LEAVE NO TRACE.**

Stewardship Offerings encouraged... Groups and individuals are asked to donate an hour of their time as a "stewardship offering", or energy gift, towards sustaining the land and *Wellspring* the organization. Volunteers work with our staff in the organic garden or help with light facility chores, food prep & harvesting. We feel it enriches our guest's cooperative group experience here at the center, fosters community and encourages a spiritual connection with the land.

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 from Ukiah approximately 16 miles, and then turn right onto Hwy 128 in Boonville. From Hwy 128, continue on through Boonville 6 miles to the little town of Philo, and turn left onto Ray's Rd. (Philo's only 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!