

River's Bend Retreat Center

River's Bend is a rustic retreat and conference center in the country with amenities that are simple but comfortable, and a spectacular landscape. Much of the land at River's Bend is protected by a conservation easement to ensure that it is maintained as a habitat for wildlife as well as humans. **You may want to bring bug repellent. Watch for Poison Oak.**

What to Bring to River's Bend 2018:

All guests:

- A flashlight
- Comfortable shoes (there are many relatively flat surfaces and easy walking trails, but they are unpaved)
- Towels (for bath and for river) and swimsuit (Final Passages will provide towels only for those flying in.)
- Some kind of sweater, light jacket for cool, coastal evenings (Check the weather report on River's Bend website's directions page.)
- Toiletries, including soap and shampoo for shower
- Insect repellent (we have very few mosquitoes but ticks are present in the grasses and woods).
- Please also be aware of poison oak. You might want to bring Teknu or Calamine Lotion if you are allergic.

LODGING

Cabins

All cabins are equipped and heated with wood stoves and stocked with wood and kindling as seasonally appropriate, however, nights can be chilly so please bring what you need to be comfortable walking around as well as during the night.

Lodges: Manitou, Blackberry, Circle and Cloud

- Towels for bath and river (Final Passages will have towels for your use.)
- We provide sheets, pillow and a comforter on all beds in Improved Cabins and Lodges.

Lodges: Sunset Lodge

- Guests are requested to remove their shoes inside Sunset lodge.
- Please bring slippers or socks if you are staying in Sunset.

Rustic and Tent Cabins:

- Your own sleeping bag or sheets/blankets. River's Bend provides a bottom sheet and pillow only.
- Towels for bath and river.
- Rustic Cabin guests have a short walk to the restroom/shower house, so easy on/off shoes are a good idea for night time.

General Information:

MEALS

River's Bend provides a "Guest" Fridge with freezer under the exterior water tower stairwell in back of the kitchen.

Coffee and tea are served at River's Bend meals.

We must have food allergy/special diet information well in advance or we may not be able to accommodate you! Please fill out the form we send on a separate email by the deadline stated.

KITCHEN DUTY

As a group retreat, we are expected to help do dining room set-up and dish clean up. At registration we will have a "kitchen angel" dish team sign-up sheet for 4-5 people helping after each meal.

PETS

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

FIRST AID

We have a basic first aid cupboard in the farmhouse kitchen. Please bring medical supplies you know you might need.

Basic medical supplies can be purchased at AV Market in Boonville.

The Anderson Valley Health Clinic in Boonville is open weekdays.

The closest pharmacy and hospital are in Ukiah, about 45 minutes away.

COMMUNICATION/ CONTACT INFO

Your friends & family can call the office at **707-895-3990**, however, this phone is attended only during office hours: Tuesday - Thursday, 12 - 4 pm, Fridays 2 until 6 pm and Saturdays until 12:30 pm.

The e-mail for River's Bend is info@riversbend.org. **Guest Messages will be** delivered to your group leader or pinned to office bulletin board.

A courtesy **telephone** is provided for River's Bend guests. Guests 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 (primarily AT&T), however; we ask that guests use them in private, because many people come up here to get away from electronics. Please plan accordingly.

WIFI, COMPUTERS AND PRINTING

We have limited band-width WIFI in the library and work tables for guests who wish to use their laptops. **River's Bend Wifi can easily handle emails, but no large file downloads, music or video streaming.**

River's Bend will not provide access to their computer. Please bring your own or plan ahead.

We do not offer printing or copying services; please take care of these needs before you come. Computer & Copy services are available in Boonville at All that Good Stuff.

LAUNDRY

River's Bend laundry facilities are available in emergency only to guests, and with staff help. Donations for detergent, water is appreciated. There is a laundromat in Boonville.

PARKING

We have sufficient parking space for cars, however we encourage guests to carpool! Guests may drive near their cabins or to the campground to drop off luggage and are then asked to return cars to the parking lot. Four parking spaces are available at the campground.

SWIMMING

From May-October, River's Bend has a delightful swimming hole at the bend in the Navarro River, as well as various access points to the river and places to sit or swim. There is no lifeguard on duty at the river, so swimming with a buddy is always recommended. Water shoes are suggested and **guests need to bring a beach towel.**

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.