

East Coast Location: The Bend of Ivy retreat center near Asheville, North Carolina.

**Instructions:** You will need this information as you prepare to pack for your retreats. This document provides you with the basic operating procedures for your retreat center and packing instructions so you are properly prepared for the activities and the weather. If you are driving, the directions to the retreat center are also included.

### ***Packing Information:***

This is a residential retreat, so please don't plan on doing other work while you are here. We suggest that you handle other responsibilities and agreements (work, family, etc.) prior to arrival, so that you can give yourself the gift of being "on retreat." Therefore, please avoid bringing laptops, checking voice mails, and doing other "day to day activities" during your retreat. One phone is available for guest use on a limited basis.

#### What to Bring:

- ☐ Jacket or warm sweater
- ☐ Flashlight
- ☐ Soap, shampoo, toothbrush – all that stuff
- ☐ One pair sturdy walking shoes-providing traction and ankle support
- ☐ One pair sandals or tennis shoes
- ☐ Slippers for inside (it's a shoeless retreat center)
- ☐ \*Rain gear – IMPORTANT
- ☐ Both light weight clothes (shorts, etc.) and warm clothes for cold or wet weather
- ☐ Insect repellant
- ☐ Sunscreen
- ☐ Water bottle (IMPORTANT - can be refilled)
- ☐ Gloves (leather best) for ropes course (well-fitting – you'll be glad you did!)
- ☐ Hat (for sun & warmth)
- ☐ Bathing suit
- ☐ Ear plugs (shared accommodations)
- ☐ Pen
- ☐ Personal Calendar/Day-Timer/BlackBerry
- ☐ Day pack (a small back pack for carrying things like your water bottle, raingear, gloves, etc to the ropes course)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, natural remedies.

#### What NOT to Bring:

- ⊗ iPods, MP3 Players, etc.
- ⊗ Laptops and other electronics
- ⊗ Expensive jewelry
- ⊗ Perfume/cologne
- ⊗ Cellular phones (or keep turned off & use only for emergencies)

☹ Alcohol

You will do a lot of floor sitting and outdoor activity. Please dress accordingly.

### *Local Weather*

Blue Ridge Mountain weather varies greatly depending on the season. Please pack clothing according to current seasonal weather conditions and plan to dress in layers. Visit [www.weather.com](http://www.weather.com) for current conditions and forecasts for Asheville.

\*Waterproof shoes, pants, rain poncho and jacket with hood are essential during the first two retreats since you will spend a fair amount of time outdoors, rain or shine.

### *Driving Directions to Bend of Ivy Retreat Center*

From Asheville Regional Airport (AVL):  
Leaving airport exit, take a left at the light onto Airport Rd.

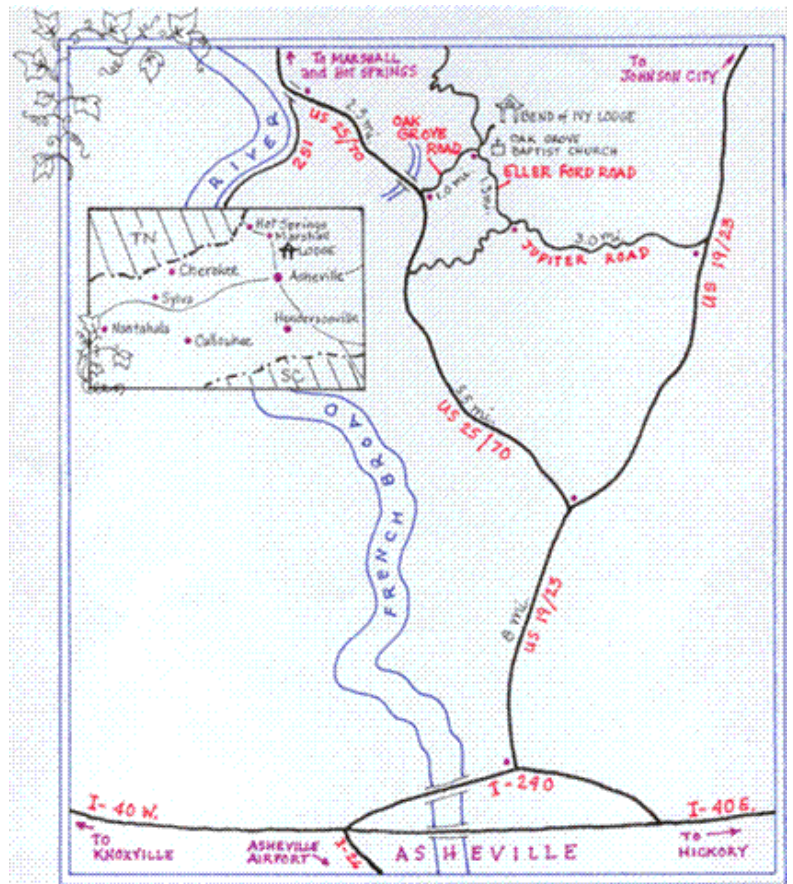
Go about 1/2 mile, and take I-26 West through Asheville, passing Exit 3, and getting in the left lane as you cross the French Broad River.

Take Exit 4A on the left for US 19/23 North and I-26 West towards Weaverville.

Go about 8 miles, then take Exit 19A for Rts. 25/70 North to Marshall. Circle around ramp, and go north on 25/70, measuring 5.5 miles from the traffic light.

Turn right on Oak Grove Rd. (at the bottom of a long downgrade; second right after Jupiter Rd.)

Follow Oak Grove Rd about a mile to a stop sign. Look across the road, to the left of the church parking lot, for a big black mailbox. Enter our gravel driveway at the mailbox.



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If you will be arriving late, please call the Bend of Ivy at 828-645-0505 and the CTI office at 415-451-6000 and leave messages. Thank you!