



## Instructions

East Coast Location: Bend of Ivy Retreat Center near Asheville, North Carolina.

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 weather. If you are driving, the directions to the retreat center are also included.

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 voicemails, and doing other "day to day activities" during your retreat. One phone is available for guest use on a limited basis. Please bring calling cards for any long distance calls. There are no laundry facilities or laundry services available to participants during the retreats.

Lodging Information: You will be sharing lodging with the other participants in your tribe and will be separated by gender. The lodging arrangements will be provided upon your arrival to the retreat center.

## What to Bring (pack lightly)

### Important Items

- ☐ Flashlight
- ☐ \*Rain Gear (see local weather)
- ☐ Water Bottle
- ☐ Day Pack (a small pack for carrying items like your water bottle, raingear, gloves, etc.)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, and natural remedies

### Other Items

- ☐ Jacket or warm sweater
- ☐ Both lightweight clothes (shorts etc.) and warm clothes for cold or wet weather
- ☐ Soap, shampoo, toothbrush, etc.
- ☐ Sturdy walking shoes that provide traction and ankle support
- ☐ Sandals or tennis shoes
- ☐ Slippers for inside
- ☐ Bathing suit
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Gloves for ropes course (well-fitted leather best)
- ☐ Hat (for sun & warmth)
- ☐ Ear plugs (shared accommodations)
- ☐ Personal calendar
- ☐ Alarm clock/watch
- ☐ Pen

### What NOT to Bring

- ☐ iPods, MP3 players, etc.
- ☐ Laptops and other electronics
- ☐ Expensive jewelry
- ☐ Perfume/cologne
- ☐ Cellular phones (for emergency use)
- ☐ 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.

\*For Retreats 1 & 2 you will spend a fair amount of time outdoors, rain or shine. Waterproof shoes, pants, rain poncho and jacket with hood are recommended in wintertime.

## Driving Directions

Location: Bend of Ivy Retreat Center  
Phone: 1-828-645-0505

From Asheville Regional Airport (AVL):

1. Leaving airport exit, take a left at the light onto Airport Rd.
2. 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.
3. Take Exit 4A on the left for US 19/23 North and I-26 West towards Weaverville.
4. 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.
5. Turn right on Oak Grove Rd. (at the bottom of a long downgrade; second right after Jupiter Rd.)
6. 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.

Note: If you will be arriving late, please call both Bend of Ivy at 828-645-0505 and the CTI office at 800-691-6008 option 1 and leave a message. Thank you!