



# Know Before You Go!

## Getting There

### FROM ANTELOPE TO THE RANCH:

- Washington Family Ranch is located at 1 Muddy Road, Antelope OR 97001.
- Head east from Antelope on Hwy 218 for 3.7 miles (toward the town of Fossil). Turn right onto Cold Camp Road, go 3 miles and turn left on Muddy Road. Drive 11.6 miles to Washington Family Ranch. Don't give up—it's a long way down Muddy Road!

### WHEN DRIVING TO THE RANCH:

- Online mapping tools and personal GPS devices will not give you accurate directions.
- Get gas in Madras or Biggs— it's your last chance!
- Cell phones do not work on the property.
- Need help? There is an emergency phone 4 miles down Muddy Road that will contact camp personnel.
- Muddy Road has steep grades and blind curves.
- WiFi will be available at the adult retreat lodge.

## Packing List

### WE COVER THESE THINGS

#### THE BASICS

- Rooms have queen or bunk beds; pillows, sheets, and blanket are provided
- Bath towels
- First aid items and RN on site
- Stocked refrigerator for group cooking, snacks, and drinks

### YOU BRING EVERYTHING ELSE

#### CLOTHING & SHOES

*Prepare for all weather*

- Socks and underwear
- Swimsuits— bring 2
- T-shirts, shorts, and jeans
- Sweatshirt, light jacket, and long sleeve shirt
- Pajamas
- Sunhat
- Old tennis shoes or sandals with backs
- Flip-flops
- Rain boots

#### MEDICATIONS &

#### DIETARY SUPPLIES

- Formula
- Prescriptions, supplements, etc.
- Tube feeding supplies
- Personal meds for pain, allergies, or stomach upset
- Note: the nearest hospital is 50 miles away

### YOU BRING (CONTINUED)

#### OTHER ESSENTIALS

- Beach/swimming towels
- Bug spray
- Toiletries (shampoo, body wash, soap, toothbrush, toothpaste, deodorant)
- Sunscreen and aloe
- Sunglasses
- Goggles
- Poncho
- Flashlight
- Reusable water bottle
- Books for down time
- Disposable camera
- Ziploc bags (for wet things and special treasures)
- Backpack or mesh bag for hiking and swimming
- Phone chargers
- Spending money for extra snacks, swag, etc.

**flok Adult Retreat Presented by**

**B:OMARIN®**