

2024 Healing with Nature Women's Retreat

Hosted by PNW Therapy Adventures

Important Information Please Read Prior to Arrival

For the Retreat in Sept. : "Healing with Nature" A women's healing camping retreat to reconnect with nature and ourselves.

Dates: Friday Sept 13th @ 2:00p- Sunday Sept 15th @ 12p

Location: Nottingham Campground: Located in the upper Hood River Valley, this peaceful retreat Off Hwy 35 has easy access to Mt. Hood. The Hood River runs alongside the campground with most sites having river access. No Water, electricity or sewer hook ups. Pit toilets are available. Trash receptacles are available around the facility. Nearby trailhead to Tamanawas Falls which is enjoyable for all ages.

Getting there: From Portland, Take I84 East to Hood River. Take exit 64 (Mt Hood Hwy toward OR-35/White Salmon/Govt. Camp). Turn Right onto Button Bridge Rd/ Mt Hood Hwy. Turn Right into Nottingham Campground (PNW Therapy Adventures LLC Sign available from Road)

RideShare: We are happy to assist in coordinating a carpool situation. If you are able to accommodate another person in your vehicle TO AND FROM the retreat, please send us an email to PNWTherapyAdventures@gmail.com titled "Ride Share" and we will update the website to show availability for a ride and allow attendees or future attendees to connect with you.

Participants: Cis-gendered women, 18+ years

Need to know: Considerations when outdoors

- Leave no Trace! What you bring, you take back home with you or throw away. Leave the place cleaner than you found it in some cases
- Do not move firewood to prevent the spread of invasive species.
- Do not feed the wildlife
- All food must be locked away and stored nightly to prevent attracting animals and bugs.
- This is camping NOT "glamping". We are providing our basic needs while also challenging ourselves to disconnect from the conveniences of life and refocus on ourselves for self development.

Come Prepared! Here is what we suggest packing:

- Water!: Bring Plenty! We recommend bringing a water container to refill and at least 2 gallons of water per person for the retreat.
- Clothing for all weather- This is Oregon! (Raincoat and beanie may come in handy)

- Shoes for the hike (Consider extra socks and bandaids)
- Basic camping essentials (Alisha- can you list the same items in the camping starter kit below as suggested items to bring *** (IF you are Not purchasing the packages with the Camping Starter kit included)
- Blanket or extra layer for bedding
- Bugspray and/or bug bite spray/cream
- Sun Protection: Hat/visor, Glasses, Sunscreen, proper clothing
- Prescriptions (Including Epi Pen if you have one) *Please notify us if you bring one and we can store it if that is helpful)
- Allergy meds (if applicable)
- Yoga Mat and/or Towel
- Body wipes or wet wipes
- Toilet paper
- Illumination: Lantern/flashlight, Lighter, headlamps, LED
- Batteries
- Trash Bag
- Hand Sanitizer
- Personal preferred snacks/beverages (We will have self-serve snacks available anytime and will be providing all meals. (Friday-snacks, dinner; Saturday- Snacks, breakfast, lunch and dinner; Sunday- Snacks and breakfast)

Starter camping package includes (Rental during retreat):

- Individual Tent (Option #2 is a shared tent)
- Blow up Mattress
- Pillow
- Sleeping Bag
- Camping chair
- Lantern
- 2 bundles of wood/Lighter (Per Site)

Meal Planning: All meals will be cooked and presented by an on-site cook in a "build-your-own" display to more easily accommodate food allergies. We will provide at least 1 meat and 1 non-meat option for each meal. For breakfast on Saturday we will have chicken eggs and tofu eggs as an option. Prior to arrival you will be sent a questionnaire to report any food allergies or otherwise. Please be as thorough as possible! **Any allergies requiring an Epi-pen need to be reported to retreat staff ASAP and we require you to bring your own Epi-Pen, which we can store if requested.** Once you arrive you will receive a detailed list of meals. If you have any questions or concerns, you will have an opportunity to talk to the cook and we will make any necessary accommodations within our capabilities given our location. All food MUST be locked and stored nightly to prevent attracting animals and bugs.

First Aid/Emergency Protocol: We encourage everyone to bring a basic first aid kit. We will have a wilderness first aid kit on site and an additional staff member off site nearby who is wilderness first responder. Please ask a retreat host if you need anything and please report any injuries immediately. In the event of an emergency, we will call 911. A retreat host will coordinate transport to a hospital or facility in the event emergency services are not needed. Retreat staff will notify your emergency contact and ensure that any coordination or communication is taken care of to connect a participant with the proper care.