

CAMPER INFORMATION

ADULT RETREAT

Please read all the information provided and return all Registration Paperwork (Medical Form and the two-page Assumption of Risk Form, which are found on the website) 30 days prior to attending camp. Balance of fees are to be paid in full 30 days prior to the date of the camp. No post-dated cheques please! If for any reason you are unable to attend please contact the registrar, Shelly Olson at wildernessranchalberta@gmail.com or 403-388-1505 as soon as possible. The deposit will be forfeit for cancellations made later than 30 days in advance.

SUGGESTED PACKING LIST

Boots with prominent heel and narrow toe (hiking boots or running shoes are not allowed for riding – if you do not have suitable footwear, we do have a supply of cowboy boots available for some sizes. Rubber boots also work for riding)

Warm sleeping bag	SMALL pillow or air mattress (optional as space allows)
Hat or cap	Personal toiletries (toothbrush, toothpaste, soap, chapstick, etc.)
Warm coat & or sweater	Washcloth & small towel
Rain slicker or rain jacket (no ponchos)	Bathing suit, shorts (there is a sauna available at the base camp)
Jeans (1-2 pr)	Water bottle or canteen
5 pr of socks, underwear	Second pair of footwear – comfortable
2-3 T shirts, long-sleeve shirt	Flashlight or headlamp & batteries
PJ's	Sunglasses, sunscreen, bug spray

OPTIONAL: Helmet, gloves, camera, pocket knife, Bible, money for souvenirs (to be sold at the end of the week)

Please pack camping gear in one duffle bag or backpack due to limited space in the cabins. NO HOCKEY BAGS! Sleeping bag & pillow can be placed in a separate bag.

Please note that we do not have cell service on site and there is limited access to electricity.

MEETING INFORMATION

Arrival: 2:00 p.m. at **Mountain Valley Ranch** on Tuesday. Please see map on website for directions. Google Map coordinates are 49.742, -114.294 (on Range Road 31).

Departure: 12:00 noon on Friday.

EMERGENCY CONTACTS

Camp phone: (403) 628-2384 – ask to speak with the Foreman for the week. This is also the preferred number to use for lost and found items.

Registrar: Shelly Olson - (403) 388-1505