



What to Bring to the Or Shalom Retreat

Check-in at Camp Hope starts at 4 PM on Friday - Hamotzi is at 6 PM and Shabbat dinner at 6:15-7:00. It's a long weekend and traffic can be terrible, especially if you leave town after 3 pm. Give yourself about 3 hours if you leave after 3.

And now, the list:

We're trying to be greener and save on the disposables, so please bring your own travel mug (lidded preferably). These will be especially helpful for late night nosh time organized by Or Shalom staff.

Ritual items:

- Siddur (Please mark with your name - a book cover would be great!)
- Tallit
- Kippah
- Tefillin

Fun stuff:

- **Smartphone, tablet or digital camera for Sunday night activity and a cord to upload from your device to a computer**
- Flashlight (especially if you're tenting)
- Baseball glove (for you-know-what)
- Light hiking boots or sturdy runners for walking around the property
- Water bottle and little backpack if you are going on a hike
- Outdoor clothing (Yes, that means "rain coat.")
- Board games, cards, puzzles, mah jong
- Soccer balls, footballs, baseballs, kid-friendly balls
- Wheeled toys for kids (for outdoors, of course)

Other stuff:

- Shampoo
- Soap and towels (if you're tenting)
- Snacks if you get peckish between meals
- Clock radio or alarm clock for your room
- Blow dryer if you're the blow drying type
- Ear plugs if you're a light sleeper
- Any food you require for your special dietary needs
- Your own coffee mug--to avoid the disposables
- Personal coffee kit (if you like the good stuff)
- Meds that you take
- Your enthusiasm and desire to learn and have a great time!

Note: Lodge rooms come with linens, towels and soap. They don't come with shampoo, or clock.

What to leave at home:

- Your pet(s)
- Alcohol (the drinking kind) – please be mindful, we're at a 7th Day Adventist retreat centre and they do not have alcohol.
- Tobacco
- Your cares and worries

DRIVING INSTRUCTIONS

MOUNTAIN VIEW CONFERENCE CENTRE /CAMP HOPE

The Mountain View Conference Centre / Camp Hope is located on 7th Day Adventist Road just off Highway 7 about 7 kms west of Hope. To get there you can drive all the way on Highway 7 from Vancouver (the scenic route) or drive on the Trans Canada to Hope and backtrack a few kms. Allow about 3 hours.

FROM THE WEST

Take Hwy. 1 (Trans-Canada) to Chilliwack; 15 km past Chilliwack take exit 135 (Harrison Agassiz). Continue north on Hwy. 9 until it merges into Hwy. 7 at a railroad overpass. Continue east on Hwy.7 for approx. 25 km following the signs marked "Hope". The Mountain View Conference Centre / Camp Hope is on the left (north) side of the road and well-marked with a sign. Just prior to the Centre is a First Nations Reserve on the left. But an important and useful road marker is a gas pipeline over the road. If you come to it you have gone about 1.5 km too far.

FROM THE EAST

From the town of Hope, travel north on Hwy. 1 (Trans Canada) 3 km to the exit for Hwy. 7 (Harrison Agassiz). Travel west 6 km to a large red and white overhead pipeline. 1 km after the pipeline, turn right at the "Camp Hope/Mountain View" sign.

For web-based mapping, the actual address is: 61855 Lougheed Hwy, Hope, BC

Happy driving. The phone number for the Conference Centre is (604) 869-2615. Don't forget that the roads into, out of and around Vancouver will be especially busy at rush hour.

Looking forward to seeing everyone!

Thanks,

The retreat team