

Supplies, Personal Belongings, & General Information for the Weekend

General Information About Alta

- For more information about Alta Lodge, visit their website at altalodge.com

Supplies and Personal Belongings for the Weekend

What's Provided By Alta Lodge

- **Sheets, blankets, and towels** are provided.
- **Wifi** is available throughout the campus.
- **All meals and snack food** beginning with lunch on Friday and thru Sunday lunch
- Most **cell phones** should work fairly well. However, you may have difficulty with service in some of the areas for hiking that surround Alta Lodge. There are public access phones throughout Alta Lodge.

What You Should Bring

- A **flashlight**—it's dark here at night
- We advise casual, loose, and comfortable clothing
- Comfortable **shoes suitable for trail walking**
- Personal **toiletries** – Alta Lodge does provide soap and shampoo
- Layered, **comfortable clothing**. Nights can be cool all year long
- **Rain jacket**. An umbrella is fairly useless for mountain rain, as storms are usually accompanied by wind
- **If you are attending a WOR in August**, the weather should be warm; however, temperatures can feel cool in the evening after sunset or early morning. If you are sensitive to cool temps, you may want to bring a light jacket.
- **If you are attending a WOR in September**, the weather will be much cooler. Warm Jacket – and gloves, hat, & some lightly warm clothes are advised if you are sensitive to the cold. (Temperatures in September may drop into the 30's at night and should be in the 60's & low 70's during the daytime. In recent years, the temperature has been more prone to fluctuation.)
- **Sunscreen** is strongly advised - remember that sunrays are considerably more intense at mountain elevations. A hat with a brim is also very helpful to protect you from the sun.
- **Light but sturdy tennis or trail shoes** are sufficient if you plan to join the morning meditation walks and/or Saturday afternoon leisure hike
- If you plan to participate in any hiking activities before or after the WOR: **Hiking boots** (or shoes comfortable for easy & moderate hiking trails), a hiking stick (if you use one), & a day pack.

What's Provided By WOR

- Reusable water bottle – which you can take home
- Personal Journal – for you to record your healing journey
- Flash Drive will be mailed to you after the weekend, with pictures & music from the Alta WOR

Materials to Submit to WOR Prior to the Weekend

- Signed Informed Consent Form
- Therapist Letter (if you are currently in therapy)
- Information about your planned arrival and departure times

What NOT to Bring

- **Dogs**, except in compliance with ADA service animal policy. Although we love dogs, companion animals are prohibited in all areas surrounding Alta Lodge, including on trails, buildings, parking lots, and grounds for reasons of existing public laws. Dogs are not permitted in parked vehicles anywhere near the Lodge.
- **Perfumes** or strongly scented toiletries are discouraged, as some participants may have sensitivity or allergies to these products.
- **Incense** and **candles**. These are not to be burned in any of the rooms.
- **Valuables**. All rooms include a safe for locking personal belongings. However, if you are sharing a room, there is only a single safe in each room. Please plan to leave your valuables home, or keep them close by while you are with us.

Smoking & Sobriety Policy

- **Participants may not smoke inside any buildings** at Alta Lodge - including guest rooms. This includes the use of e-cigarettes. Cigar and pipe smoking are also prohibited. Guests may smoke cigarettes or e-cigarettes in designated areas - please check with the reservations desk at Alta Lodge to identify designated smoking areas.
- There is also a **no-smoking policy in all of the public spaces at Alta and in the surrounding woods and meadows areas**.
- **A reminder:** Utah is usually in a drought this time of year, so please do not discard any fire-prone materials while in outdoor spaces.)
- We also require that **no alcohol or non-prescribed drugs** may be brought to the weekend. Please read [ALL our policies for Safety and Security](#) before attending.

When You Depart

- Before leaving your room, please **check for personal belongings**.
- Any **lost & found items** will be mailed back to you on request, and Alta Lodge will ask to be fully reimbursed for the postage.
- **Thank you for your part in caring for our shared space.**

Dining

Chef Sam Wolf has been preparing meals of exceptional quality for Alta Lodge guests for over thirty years. The outstanding cuisine will certainly be one highlight of your Weekend of Recovery. A special treat is in store on Sunday, when we'll get to visit the Alta Lodge Sunday Buffet, a grand buffet featuring gourmet breakfast and lunch and dessert items! All of your food and snacks are included in your registration fees. The Chef is prepared to provide vegetarian cuisine if you request it ahead of time. Other special dietary restrictions or needs must be indicated on your registration form. A water bottle, juices, coffee and tea, half and half and soy milk will be supplied all weekend long for you.

- If you have **special dietary needs** that you have not already included in your registration form, please e-mail your dietary requests directly to Trisha Massa (WOR Outreach Coordinator) at YTAMassa@aol.com. Be as specific as you can so we can do our best to meet your needs. Please do not expect special dietary requests to be taken at the site.