

Supplies, Personal Belongings, & General Information for the Weekend

General Information About Whidbey Institute

- Whidbey Institute has a no shoes policy in some meeting spaces, so bring shoes that are easy to slip on and off. You're welcome to bring indoor slippers or shoes.
- For more information about Whidbey Institute, visit their website at <https://whidbeyinstitute.org>

Dining

The meals at Whidbey Institute are delicious cuisine, featuring both animal protein, vegetarian and gluten free options. Other special dietary restrictions or needs must be indicated on your registration form and the kitchen staff will do everything possible to meet your specific needs. Fresh water, juices, coffee and tea, half and half and soy milk will be supplied all weekend long for you.

Smoking, Sobriety, and other Policies

- Participants may not smoke inside any buildings at Whidbey Institute - 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 that will be indicated to you when you arrive.
- 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.

Supplies and Personal Belongings for the Weekend

What's Provided By Whidbey Institute

- **Sheets, blankets, and towels** are provided.
- **Forgot your flashlight?** We have some available for checkout at the registration table.
- **Wifi** is available throughout the campus.
- **All meals and snack food** beginning with lunch on Friday and thru Sunday lunch

What You Should Bring

- A **flashlight**—it's dark here at night.
- Comfortable **shoes suitable for trail walking**.
- A pair of **slippers** or cozy socks.
- Personal **toiletries**.
- An **alarm clock**.
- A reusable **water bottle** and **travel mug**.
- Layered, **comfortable clothing**. Nights can be cool all year long.
- **Rain jacket**, as rain is common on Whidbey Institute
- Check the **weather forecast** at www.wunderground.com/weather/us/wa/clinton/98236.

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 Whidbey

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 our trail system, buildings, parking lots, and grounds for reasons of wildlife and guest wellbeing. Dogs are not permitted in parked vehicles on our campus.
- **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 or cabins. We also request that no incense be burned in the Sanctuary.
- **Valuables**. We do not lock the exterior doors of our lodging facilities for reasons including guest convenience in shared spaces, but this means that there are few places to lock valuables away. Please plan to leave your valuables home, or keep them close by while you are with us.

When You Depart

- Before leaving your room, please **check for personal belongings**. We have a lost-and-found bin full of lonesome items!
- We invite you to pay-it-forward by **preparing your bed** for the next visitor: strip your sheets and pillowcases and remake the bed with the clean sheets provided.
- **Thank you for your part in caring for our shared space.**

Additional Helpful Information About the Whidbey Institute Venue

Notes on Safety

- During warm weather, you may see **a few mosquitos**.
- In spring and summer, **stinging nettles** grow prolifically on Whidbey. (This will only be an concern if you are accessing hiking trails on the property.) Brushing against this plant's tiny hairs causes a temporary but irritating rash. Let us know during check-in if you need additional information to identify this plant.
- Whidbey Institute shares their campus with **beautiful wild animals!** None of them present a threat to humans. You may hear the screech of a baby owl, the call of a coyote at night, or the sound of a family of deer moving through the brush.
- Please drive the **posted speed limit** on Old Pietila Road (10 mph and below) for the safety of pedestrians, wildlife, and Waldorf School students who frequently travel the road on foot.
- While Whidbey Institute has a long history as a very safe and trusting place, participants are encouraged to **leave valuables at home** or keep them on your person.

FAQs

- **Who do I reach at the Institute after office hours?** The office is generally staffed Monday through Friday from 10 am to 4 pm. Our resident caretaker Thomas lives onsite in the caretaker cabin, and can be reached on his cell phone at 360.201.9671.
- **Will I be able to use my cell phone?** Depending on your service provider, you may have trouble making a call indoors. The terrain of Whidbey Island and the location of cell towers can make it difficult to sustain a cellular connection. AT&T and Verizon tend to have the strongest service on

Whidbey. This could be a great time to turn off your cell phone and enjoy a quiet, uninterrupted visit!

- ***What should I do if I have a medical emergency?*** First aid kits are located in every kitchen and in the coffee bar area of Thomas Berry Hall. To request emergency medical response, dial 911 from one of the provided landlines and explain that you are at the Whidbey Institute, 6449 Old Pietila Road, in Clinton. You'll find emergency information cards near each phone.
- ***Does my room lock?*** Most rooms include an interior lock for privacy. Please do not lock the exterior doors of the residences, as you may inadvertently lock out one of your housemates. We recommend keeping valuables on your person or leaving them at home.
- ***Can I make a call?*** There are land lines in the Farmhouse and Granny's with free local service. If the need arises, visit the Whidbey Institute office to make a long distance call.
Can I send or receive email? Wireless Internet access is available throughout the facility.
- exercise for coordinating shower time . . . AND . . . there are two additional shower rooms in the bathroom building near the Sanctuary that you are also welcome to use.
- ***Is smoking allowed?*** Smoking of any kind is allowed only in the Fire Circle area. Please be mindful of other visitors and dispose of the waste in the provided receptacle.
- ***Can I pick the garden flowers or produce?*** Please check with garden staff before picking anything.
- ***Can I recycle my bottle/can/newspaper?*** We recycle as much as we can, and we need your help to do it well. Please make use of the designated recycling container near the dishwashing room in Thomas Berry Hall after meals. Recycling bins can also be found in the kitchens of Granny's and the Farmhouse. Note that our "compost" actually goes into a vermiculture system, so we have special guidelines about what the worms do and don't like to eat! You'll see these guidelines posted near the food scrap bins.