Important Camper Information

We're excited to welcome you to beautiful Camp Four Echoes for Women's Weekend 2023! Here is some useful information for your travel and overnight stay.

Arrival and check-in:

- o This is an adult event, no participants under the age of 21 or pets please
- Event doors will open at 1:00p.m., Friday, September 8. During this time you can check in, get settled into your cabin, and explore the camp property. Providing your medical and other forms ahead of time will expedite this process.
- o When you check in at the registration table you'll receive a welcome swag bag that will include your cabin assignment, a camp map and your schedule. We will have information about all of the weekend activities. *Please note that the schedule is subject to change based on weather (needing to move an outdoor activity in due to weather or an indoor activity out due to size)or vendor cancellation.
- O Please carpool whenever possible as parking at Camp Four Echoes is limited. DO NOT park your car in front of the lodge or your cabin. The speed limit at Camp is 10 miles per hour.
- Once through the gate, just follow the road down to the lodge. Watch out for wildlife!
 Deer and moose are regular visitors along the road!

Some Details you might want to know!

- o Dress casually. Weather and temperatures vary. Closed toed shoes are encouraged, plan to layer your clothing, and bring a rain poncho or coat.
- Nights are typically cooler and the cabins are not heated. A sleeping bag is best and
 often a second blanket is preferred. All bunks include a twin mattress but you may want
 to bring extra bed rolls or cushioning, and a flat or fitted sheet for placing over the
 mattress.
- o If you are a light sleeper, you may want to bring earplugs and/or an eye mask.
- o The Saturday Night movie is an outdoor movie planned on the lawn. You're welcome to bring a camp chair and/or blankets for comfort.
- Restrooms with flush toilets are nearby and the shower houses have heated water.
 Camp Four Echoes operates on a septic system. Please do not put feminine care products down the toilets.
- Please keep cabin food and beverages inside coolers or other sealed containers as a barrier to the native critters.
- o Camp Four Echoes is a designated smoke-free area. If you wish to smoke, please use your vehicle and smoke inside the vehicle.
- If you want to be on the lake or use any of the watercraft, you must wear a lifejacket.
 Absolutely no alcohol is allowed in or on the water equipment.
- o All water throughout the camp is drinkable culinary water.
- o The EMERGENCY PHONE NUMBER at Camp Four Echoes is (208) 664- 6827. It is for emergencies only. Cell service is sporadic, some, but not all, cell phones work at Camp Four Echoes. You will be able to charge your phones. You should not leave your phone unattended.

Suggested Camp Packing List

For you and your cabin:

- o Warm sleeping bag (rated to 32 degrees) and/or extra blankets or other bedding
- o Extra sleep padding if needed; i.e. twin size camp mat, blow up mattress
- o Pillow
- A headlamp, flashlight, or lantern. Bring extra batteries, there is no electricity in the cabins. Absolutely no candles allowed. REMEMBER—IT'S DARK AT NIGHT
- o Personal toiletries and hygiene items
- o Prescription or over-the-counter medication
- o Bath towel and washcloth
- o Sunscreen and insect repellent
- First aid items
- o Shoes: closed toe shoes for walking or hiking, water shoes or sandals, shower shoes
- Sweater or hooded sweatshirt
- Jeans and shorts
- o T-shirts, long-sleeve shirts for layering
- Socks (1 pair heavy for hiking/warmth), pajamas
- Swimsuit and beach towel
- o Hat/visor with brim, hair clips/bands, or bandana
- Jacket or heavy sweatshirt/warm coat
- o Rain gear (coat with hat/hood or poncho)
- Water bottle
- o Camp chair or blankets to use to relax on the lawn and during the movie

Optional Items

- Sunglasses
- o Coolers with extra food, beverages, wine/beer, and ice (must have a lid that closes)
- o If hiking binoculars, hiking boots, backpack/daypack
- o Yoga mat if participating in a yoga session
- o Cabin décor (inside or out).

Whatever you bring with you goes home with you!