



Craftsbury

OUTDOOR CENTER

2018 Season

Dear Scullers,

We're pleased to hear that you'll be joining us for a stay at the Craftsbury Outdoor Center. The following is important information:

Check in for all sculling programs is at 2:30pm.

Please arrange your travel plans to arrive here by 2:30pm as orientation starts promptly at 3:30pm.

Introduction for all sculling programs is at 3:30pm. Please be on time for all sessions to ensure the optimal use of instructional time for all participants.

Craftsbury requires all first-time campers to demonstrate basic comfort in the water. Please bring a towel and change of clothes to the first row of the session.

Check out – weekend & 4 day programs – is at 12:15pm followed by 1pm lunch.

Check out – week long programs – is at 10:30am – lunch is not provided on this day.

You will meet your coaches and the other participants at introduction. We provide you with a sculling shell for your stay, but you are encouraged to bring your own boat. Please contact Troy Howell, Managing Director, at sculling@craftsbury.com for any special needs you might have.

Things to bring: Dress is casual at the Sculling Center, but keep in mind that Vermont's weather is often variable. Clothing for sculling should generally be form-fitting, though not necessarily skin-tight; clothes that are loose or baggy tend to get in the way of the oar handles and/or the wheels of your seat.

A "COOL" T-SHIRT OR YOUR CLUB'S T-SHIRT FOR THE T-SHIRT EXCHANGE

(Week long programs only!)

Lycra tights and/or shorts

Bright colored rowing clothes

Socks – we recommend that you do not row barefoot

Layers – mornings can be chilly, especially in May and September

Hat, **but not neon yellow** as our coaches wear neon yellow

Fleece top

Wind jacket and rain gear

Swimsuit, beach towel, sunscreen, bug repellent

Flashlight

Water bottle and/or travel mug

Closed toe shoes (i.e. sneakers) for the trip to Concept 2. Sneakers are required in our fitness room.

Phone card

Dining Hall - Meals are served buffet style and include fresh local produce and home-style cooking. A vegetarian option is offered at each meal. With notice, the kitchen can accommodate

the following dietary needs: Lactose intolerance, vegan, gluten free and Celiac disease. Guests with food allergies need to be aware that we cannot guarantee the complete absence of any food ingredient in our kitchen. That being said, we will do our best to accommodate non-life threatening food allergies. You must notify the office of any dietary needs/allergies prior to your arrival, and we recommend that you speak to the kitchen staff directly upon arrival.

Upgrade Accommodations - Our rates include a double occupancy room with a shared bath/shower facility. Bedding and towels are provided. To inquire about upgrading accommodations, please contact the office.

Retail Shop - The Center's retail shop offers a variety of items for sale: clothing, Vermont-made products, pottery, our own cookbook, personal toiletries, and a variety of Vermont's local beer and wine.

Facilities –

- Canoes, kayaks, and paddle boards are free for houseguest use on Lake Hosmer.
- Refrigerators available for guest use in both Cedar Lodge and Pine Lounge.
- Cedar Lodge has a lounge and sauna (remember to pack your bathing suit!).
- Washers and dryers are available for guest use in Cedar Lodge and Pine Lounge by donation.
- The Cedar Lodge TV Room offers satellite TV, and has DVD/VCRs.
- We also have a Fitness Center, including ergometers and spin bikes in the Activity Center. Sneakers are required.
- Vermont law prohibits smoking in all public buildings.

Pet Policy - We have one pet friendly accommodation - Cottage B. Bringing a pet must be arranged with the office prior to arrival and would incur an additional fee.

Transportation – If driving to the center, please note that GPS directions are not reliable; please utilize directions provided by the center. If you choose to arrive by public transportation, Burlington is the nearest airport, and bus and train lines service Waterbury. Please call our office for taxi referrals and check our website for more details on taxi referrals and car pool information.

Communication - There is NO cell phone coverage in this area. Wi-Fi is available in all of our accommodations. Phone messages can be left with our office during business hours. Guests can receive calls on a landline phone in Cedar Lodge at (802) 586-9113 and in Pine Lounge at (802) 586-9641. You can receive incoming calls on all of our phones. We don't have phones in any of our rooms, suites, cabins, or cottages.

The Area - There is a small country store and a garage, four miles from the Center. The nearest pharmacy is located in Hardwick, twelve miles away. The closest hospital is in Morrisville, twenty miles from the Center. The office can provide you with directions to these locations.

Liability and Security - The Craftsbury Outdoor Center is not responsible for the loss of or damage to, guest and visitor articles left on the premises at any time. This includes property belonging to guests, visitors, or vendors. Liability for damages to the premises will be charged accordingly.

Please call if you have any questions. We look forward to seeing you and hope you enjoy your visit to the Craftsbury Outdoor Center.

Sincerely,
The Craftsbury Outdoor Center