

**Kieve, The Kennedy Learning Center
42 Kieve Road Nobleboro, ME 04555**

(207) 563-5172

WHAT TO BRING - a guideline to help you make the most of your stay. You'll spend time outside rain or shine so please arrive prepared.

FOOTWEAR AND CLOTHING

- Appropriate footwear is a closed-toe, athletic shoe that does not come off while climbing or running. Sandals, slip-ons, and clogs are appropriate for the meeting space and the waterfront only.
- Comfortable, loose fitting casual clothing that is easily layered is the appropriate dress. Layering allows you to add or subtract clothing in order to regulate your body temperature.
- For all seasons, guests are advised to bring multiple clothing layers including long sleeve shirts, long pants, socks, and a hat as this is the most effective way to address seasonal variables such as changeable weather and flying insects.
- Waterproof raingear and a full change of clothes are also advised.

BEDDING/TOWELS/INCIDENTALS

- Bedding and Towels provided
- Toiletries
- Ear Plugs (snorers may be among us)
- Flashlight and extra batteries - a headlamp is preferred
- Reusable water bottle and hot drink mug
- Sun block and lip stuff/insect repellent
- Camera
- Daypack or fanny pack
- If you are taking any prescription medications, including EpiPens and inhalers, bring them in their original container PLUS an extra supply in case of loss.

WHAT NOT TO BRING Your colds, fevers, coughs and flu. For the safety of those with compromised immune systems as well as others in our group, please stay at home, get plenty of fluids and rest. You can join us at a future retreat!

Directions to Kieve, The Kennedy Learning Center



The **Kieve** campus is located about 60 miles northeast of Portland on Damariscotta Lake. The physical addresses (for your GPS) is **42 Kieve Road, Nobleboro**. CAUTION: if you input the Kieve address in your GPS, **DO NOT ATTEMPT TO TRAVEL ON THE UPPER CROSS ROAD** to get to the West Neck Road. Because we are in a rural area, these mapping services are not as smart as they think. PLEASE view our maps of directions <http://kieve.org/directions/index.htm> or read the text directions below.

From the South: Take I-95 north to Exit 44 (formerly 6A) where you enter I-295 north. Continue on I-295 to Exit #28 (formerly exit 22) this will take you to Brunswick/Coastal Route 1). Follow Route 1 north through Brunswick, Bath, Wiscasset, and past Damariscotta. Once past Damariscotta, take left turn 1/4 mile past NC Hunt Lumber - Reunion Station Restaurant (built from old train cars) will be on your right after turning off Rt. 1. Follow signs to Kieve.

East of Damariscotta: From Eastern Maine Take Route 1 south past Camden. Turn right onto route 90 and follow this until it rejoins Route 1 south of Thomaston. Follow Route 1 past Waldoboro. Approximately 1 mile past the Minnehata Fire Station (on left), bear right onto Center Street Nobleboro. Follow signs to Kieve.

From Interior Maine: Take I-95 to I-295 then Exit 51 (formerly exit 28) Gardiner. Take Route 126 east through Gardiner and across the Kennebec River. Take Route 27 south through Dresden Mills and into Wiscasset to its merge with Route 1. Follow Route 1 north past Damariscotta. Once past Damariscotta, take left turn 1/4 mile past NC Hunt Lumber - Reunion Station Restaurant (built from old train cars) will be on your right after turning off Rt. 1. Follow signs to Kieve.