

Betty J. Borry

BREAST CANCER RETREATS

Winter Retreat AMC Highland Center Bretton Woods, NH Packing List

We will be staying in the Highland Center's (www.outdoors.org/lodging/lodges/highland-facts.cfm#bring) heated bunk rooms (lower bunks only) with shared bathrooms. The Center provides bed linens, blankets, pillows, towels (bring your own washcloths). We will be doing both indoor and outdoor activities so bring comfortable clothing to accommodate all activities.

Outdoor Clothing

Wearing layers will keep you warm and dry: moisture-wicking fabric next to your skin; wool or pile shirts and jackets for insulation; and a wind and waterproof shell on top. Pay special attention to your extremities: hands, feet, and even nose. They are the most susceptible to winter's cold. Guests have access to the Highland Center's gear inventory free of charge courtesy of L. L. Bean. View a complete list of available gear www.outdoors.org/lodging/lodges/highland/highland-gear.cfm

- Synthetic or wool long underwear for top and bottom.
- Lightweight synthetic or wool shirt, synthetic or wool pants.
- Pile jackets.
- Down vest.
- Down or fiberfill parka.
- Waterproof/windproof shell jacket and pants.
- Synthetic or wool socks and liner socks.
- Vapor-barrier socks.
- Insulated boots.
- Synthetic or wool gloves and liner gloves.
- Synthetic or wool mittens.
- Waterproof/windproof mitten shells.
- Synthetic balaclava, synthetic or wool hat, face mask, and goggles.

Equipment/Gear

A variety of outdoor activities will be available - snowshoe hikes and walks. Please bring your own equipment if you have it OR you can use the winter equipment at the Highland Center's gear room free of charge. View a complete list of available gear for guests www.outdoors.org/lodging/lodges/highland/highland-gear.cfm

In addition, please bring:

- Yoga mat for yoga sessions
- Water bottles/travel mugs to refill to decrease our carbon footprint
- Snowshoes/poles if you have them
- Camera

Raffle and Tortuga Wear Sale

- We will have some special Raffle items as well as our Tortuga Wear available to support our Scholarship Fund. Please feel free to **contribute a Raffle item** (re-gift/recycle welcome) to add to the fun.

Health and Safety Reminders

- Viruses and respiratory infections are plentiful this time of the year. Please be mindful and considerate of those among us who may have a compromised immune system and keep your colds/flu at home with you. We want you all to take home wonderful memories of your Retreat, not your "breast sister's" cold and flu!

Directions

Directions to the Highland Center at Crawford Notch, Rte 302, Bretton Woods, NH 03575

Located in Bretton Woods, N.H., the Highland Center, Crawford Depot, and Macomber Family Information Center are located on Route 302, 10 miles east of Twin Mountain, N.H. Below, you can find directions, followed by approximate driving times.

If you have additional questions, please call AMC Reservations at 603-466-2727. For **emergency contact at the Highland Center, call 603-278-4453** Front Desk (24 hours): 603-278-4453

From central and south-central New Hampshire (Manchester, Concord, etc.):

- 1)** Take Interstate 93 North to Route 3 North (Exit 35).
- 2)** Take Route 3 North to Route 302 East (near Twin Mountain).
- 3)** Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From eastern and southeastern New Hampshire (Portsmouth, etc.):

- 1)** Take Spaulding Turnpike North to Route 16 North.
- 2)** Take Route 16 to Route 302 West (in Glen).
- 3)** Take Route 302 West to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From Boston and its suburbs:

- 1)** Take Interstate 93 North to central New Hampshire.
- 2)** Follow directions above for central New Hampshire.

From Portland, Maine:

Take Route 302 West to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From New York City (and Hartford, Conn., or western Massachusetts)

1) Take Interstate 95 North (Connecticut Turnpike) to Interstate 91 North (by New Haven, Conn.).

2) Take Interstate 91 North to Route 302 East (Exit 17 in Vermont).

3) Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.