

# WHAT TO BRING, WHAT NOT TO BRING TO QUAKER CENTER

## YOU WILL NEED

A flashlight

Bedding (sleeping bag or single sheets/blankets, pillowcase), and towels. *Note: Indicate on the QUIT registration form if you would prefer to rent these items from Quaker Center for \$8.00 a set.*

Insect repellent (April-September)

Sweatshirt/sweater (even during the summer)

Raingear (October-May)

Good walking shoes

Toiletries, including soap for the shower

## OPTIONAL

Slippers and a throw

Cloth napkin and your own (marked) coffee cup

Alarm clock

Earplugs (you'll probably have a roommate)

## PLEASE DO NOT BRING

Pets, except guide dogs

Highly scented toiletries and perfumes

Candles or incense

## TELEPHONE NUMBERS AT QUAKER CENTER

The main telephone number of Quaker Center is **831 336 8333**. It rings in both the office and in the Directors' house.

Each of the two group facilities has a phone near the dining room

- Orchard Lodge                   **831/336-9665**
- Redwood Lodge                 **831/336-9666**