

## **“WHAT TO BRING” CHECKLIST**

Hidden Valley Four Seasons Resort is located in the Laurel Mountains of Southwestern Pennsylvania, 60 miles east of Pittsburgh. Hidden Valley will provide all food and lodging for your overnight stay. Guest rooms include a Continental Breakfast and free access to the Spa & Fitness Center (including indoor pool, volleyball, basketball, racquetball and fitness room). Guest rooms include a dorm fridge, coffee pot and sink. There are no telephones and pets are not permitted.

There are a variety of other activities that are available for a fee. They include: horse trail rides, mountain biking, mountain boarding, paddleboats, fishing, golf and a spa. For more information, review the Activities Sheet link on the departmental retreat web site. On Friday night there will be an outdoor campfire that will include a Happy Hour and make your own s'mores (thanks to our second-year students).

Hidden Valley web site: <http://www.hiddenvalleyresort.com/Default.aspx>.

### **“What To Bring” Checklist**

Directions: <http://www.hiddenvalleyresort.com/Directions.aspx>

Bathing suit/trunks and swimming towels

Insect repellent

Camera

Athletic clothes

Dry clothes

Dry shoes

Sunscreen

Sunglasses

Let me know if you have any questions.

Ena