

Guidelines for Solitary Retreat

Safety

Your safety is our number one priority. Please be vigilant about following these guidelines:

- Thoroughly review [CGF's Rules and Regulations](#).
- Review and follow recommendations by the National Park Service for bear and mountain lion encounters.
- Be very careful when traversing the paths. Some paths are steep and the terrain can be unreliable. Always use a flashlight or headlamp when walking after dark.
- Poison oak is rampant on our land. Please be careful and take precautions.
- ONLY drink potable water. A staff member will show you where that may be found.
- If you use candles or incense, do not leave them unattended!

Communication

- In the case of a solitary retreat, a walkie-talkie will be provided for you if you will not be carrying a cell phone. A staff person will be on call for any of your emergency needs. If you will be carrying a cell phone, call your Retreatant Caretaker directly (RC) in case of an emergency (see info below).
- Please contact us immediately (via walkie-talkie) in the following cases:
 - You are in imminent danger
 - You have been injured and need to seek medical help
 - There is fire
 - You suspect a gas leak
 - There has been damage to your cabin or a building nearby
 - There is an earthquake or other natural disaster. Call to confirm you are safe.
 - You have run out of propane (your refrigerator and burners will no longer work)
- Your RC will pick up any notes/food list every week on a coordinated date.
- Please give family and friends the following information, should they need to contact you:
 - Phone: 530.623.2714 ext. 126 or ext. 0 in an emergency.
 - Address: PO Box 279, Junction City, CA 96048

EMERGENCIES:

1st: WALKIE-TALKIE

2nd: 530.623.2714 ext. 0

Cooking and Food

- If CGF is providing your food during your retreat, we will give you food request forms based on our standard food supply.
- If you foresee wanting specialty items not provided by the Gonpa, please bring them in advance. If you wish to make any purchases during your retreat, please leave cash when you register. We will provide in-town food pick-up service.

Bathrooms/Outhouses

- Each cabin has access to an outhouse.
- There are bathrooms in a central location where you can shower and use a regular toilet.

Lighting

- Some of our cabin facilities has electricity and lighting. Other cabins do not have this amenity. If your cabin does not have lighting, we will offer you 5 candles/week. If you find that you need to use more than the allocated amount, you are welcome to purchase candles from us, or bring your own lighting source.

Check-ins

- If the Lama-in-Residence is guide your retreat, please communicate directly with him about the details of your practice, your practice schedule, and check-ins.

Boundaries

- You are welcome to walk around and enjoy the retreat land during your retreat. You will be given a map of the retreat land upon arrival. This map will include restricted areas of the land.

Upon Arrival

- Register with the front office
- You will be given a map of the retreat land
- You will be given an air-horn for security
- If using gonpa food supplies, you will choose food for your first week
- Staff will drive you to your retreat cabin and help you unload
- Staff will give you guided instructions for use of the facilities

Upon Arrival at your Retreat Site

- Tour of facilities
- How to use a fire extinguisher
- How to use stove burners
- Where to find potable water
- If applicable, how to change out a propane tank
- In colder months, how to use a wood burning stove
- In colder months, how to chop firewood

Upon Departure

- Thoroughly clean the cabin before you depart (cleaning supplies provided).
 - This includes inside the refrigerator (please leave fridge door open, once cleaned and turned off), all surfaces, porch spaces, floors.
- Make sure to take everything with you.
- Please let us know if anything broke during your retreat.
- Empty the trash, recycling, and compost in Miller House