



WELCOME TO SANDY-SAULTEAUX SPIRITUAL CENTRE

GENERAL

- All our buildings are NO-SMOKING/VAPING. If you do smoke, please do so outdoors and dispose of your cigarette butts in the disposal containers provided outside. No smoking or vaping is permitted within 25 feet of each building.
- The center is an alcohol and drug-free site (including all forms of cannabis).
- Pets cannot be accommodated. Certified Service Animals are welcome.
- WE RECYCLE. Please use the blue recycling bins for paper, cardboard, juice boxes and soft drink cans (empty liquids first).
- DRINKING WATER is provided in the water dispensers on the front counter in each cabin. A red glass for water is in your room.
- Un-occupied room doors are closed in each cabin.
- HEAT: Each room is equipped with its own baseboard heater for your comfort. Adjust as necessary, but please return the temperature to 17 degrees before leaving.
- WASHROOMS: Please do not deposit any feminine products in the toilets. This will always cause a backup in our septic system, and the toilet will overflow.
- CONSERVE WATER: Our site is served by a well. Please conserve water when possible.
- BEDROOM DOORS: Be careful not to lock yourself out of your room. Guests do not receive "room keys," but you are welcome to lock your bedroom door while you are in your room.
- EXTERIOR DOORS: Please do not prop the cabin or hall doors open. Keep them closed to keep flies and bugs out.
- INDOOR SHOES: Please bring a pair of clean in-door shoes, slippers or moccasins to wear in our main hall and cabin areas.
- We have a limited assortment of basic necessities in case you forgot something (toothbrush, etc). Please talk to your group leader or a staff person.
- CHECK-OUT time in the cabins is 10am. Please have all personal items out of the cabins by that time so our Housekeeping team can start.

OUTDOORS

- Be BEAR AWARE: Do not leave food, drink, or garbage outside.
- The main fire circle is often used for a sacred fire - please do not cook food or burn paper or garbage in this fire pit.
- The smaller metal-enclosed fire pit beside the pavilion is the only fire for cooking.
- Please do not take cabin blankets outdoors. There are blankets in the hall for this purpose (on the shelf outside the hall bathrooms).
- You are welcome to walk on our trails that weave through trees and follow the Brokenhead River. Be aware of wood-ticks and poison ivy. A site map is available.
- Please respect the sweat lodge sacred area. No photographs please.
- You are welcome to sit in the tipi (when it is set up), but please do not leave any garbage in the fire pit within the tipi.

AT THE END OF YOUR STAY – BEDDING AND TOWELS

- Please deposit all towels into the laundry bin in your cabin.
- Housekeeping will strip the beds and sort what goes to laundry and what stays. (We follow hotel policies in laundering)
- Unless an accident has occurred, PLEASE leave the mattress pad on the bed.

MEALS

- *Meals are served in the dining-room during the scheduled one-hour mealtimes as posted. If you need your meal set aside for later, please talk to your leader or the kitchen staff.*

OVERNIGHT

- *The kitchen is closed overnight. Generally, kitchen staff hours are 7am- 7pm.*
- *The Main Hall will remain open during your entire stay. The coffee station is available 24/7. Milk/Cream for coffee is in the mini fridge. Generally, leftover desserts will be in the pastry case or the fridge. Please put dirty dishes/cups in the grey tub provided.*

WHAT YOU MAY WANT TO BRING

- *Clean indoor shoes, moccasins, slippers*
- *Appropriate outdoor clothing, including a hat for sun*
- *Sunscreen, bug spray*
- *Personal toiletries*
- *Refillable water bottle*
- *A personal towel if attending a sweatlodge ceremony*
- *A skirt and light tshirt (women) or shorts (men) if attending a sweatlodge ceremony*
- *Tobacco for offering if attending a sweatlodge ceremony*

ENJOY YOUR STAY!