

**KNOW BEFORE YOU GO!**

**Travel Safely**

Fill up your gas tank before entering the Centennial Valley. From the West (I-15) you can purchase gas in Idaho Falls, or farther north in DuBois. From the East, the best locations to stop are either West Yellowstone or Island Park. Regardless of which way you travel, the end of your commute will be roughly 25 miles on South Valley Road. South Valley is a dirt road with some gravel surfaces. It’s well maintained but lacks cell service. We stress: checking the condition of your tires before making the trip and driving slow. We recommend driving even slower than the posted speed limit signs to avoid getting flats and also to respect wildlife. (Bluebird fledglings are often in the road and slow to take flight.) Also, when you fill up your tank, call the office and let us know where you are. That way, we can watch for you. For detailed driving directions, please visit the website. **The phone number for the office is: 406-276-3320.**

**Plan for Altitude and Sun**

At an elevation of more than 6,600 feet and with plenty of sun, it is easy to get dehydrated. **Bring a water bottle.** Refill it often. Bring sunscreen and apply it liberally. Hats and layers are a must!

**Lodging**

In our efforts to make the Center more sustainable, we ask everyone to bring their own toiletries. Additionally, students staying in the dorm are required to bring a sleeping bag and a towel. The guest cabins are supplied with bedding and towels. However, we strongly encourage guests with a single overnight stays to bring a sleeping bag, spare us the expense of laundering, and help us to reach our sustainability goals.

**Food and Beverages**

Traveling quickly to a grocery store isn’t practical, so plan carefully for your stay. We offer catering services but encourage you to bring snacks and beverages. The student dorm has a large refrigerator. A few of the cabins have mini fridges, but some do not. Coolers are handy to have.

**Phones, Media, and Extras**

Cell phone service is not available at the Center. There is a landline phone and wireless internet in the office. If you wish to use the phone for outgoing calls, bring a pre-paid phone card. (We don’t have long-distance service.) Many guests use Skype. Journals and sketchbooks, cameras, binoculars, and spotting scopes can all help you make the most of your experience. If you like to go fishing, bring your gear and get your Montana permit.

**Excursions: Bugs and Bears**

The Centennial Valley is a wilderness area with wildlife to both admire and respect. It encompasses expansive wetlands that are a haven for waterfowl, and at certain times of the year mosquitoes. Bring insect repellent. On your first night in the valley, we will discuss bear safety and other Center protocols. For example, it is best to go trekking in groups. If you go off on a solo hike or even a solo car expedition, you must let Center staff know not only where you’re headed, but when you plan to return. We have several cans of bear spray and GPS devices equipped with emergency locators for your use, but we recommend you bring whatever makes you feel more prepared while out and about.

**In Case of an Emergency**

In the unlikely event of an emergency, the Center has an Emergency Response Plan. We coordinate with our immediate neighbors, the Red Rock Lake Wildlife Refuge staff, and the Beaverhead County Emergency Response Team. We are certified in Wilderness First Aid. Again, upon your arrival we will provide an orientation session that further outlines safety guidelines and Refuge regulations. **Please bring your medications, and please be sure to tell your instructor, in advance, about any allergies or conditions**. The following phone numbers can also be used to contact you at the Center in case of a *serious* emergency: 406-276-3202 or 406-276-3207

**Sustainability**

We recycle at the Center. However, the commute to the recycling center, and the dump, takes several hours. Glass recycling is even farther away. We ask that you “pack out” as much of your recycling as possible. Additionally, we make every effort to not supply dispensable single-use bottles so as to limit the amount of trash we generate, and thus limit our trips to the dump. Thank you for your help.

**Additional Rules and Policies**

* Possession or distribution of alcoholic beverages by underage students is not allowed per University policy and Utah and Montana state laws. Alcohol misuse and abuse will not be tolerated.
* Possession and use of illegal drugs and smoking within 50 feet of buildings are forbidden.
* Evening use of the Cantina must be cleared with Center staff and a faculty member must be present at all times and if necessary assist with the closing of the building and clean up.
* Permission from faculty and Center staff must also be granted for the following activities: personal cooking in the kitchens, climbing the fire tower, and leaving the Center in the middle of a course.
* We strive to be good neighbors to the Red Rock Lakes Wildlife Refuge staff. Quiet hours begin at 10PM.
* Two cabins are designated as dog friendly. Only faculty members are allowed to bring their dog. They must get prior approval from Center staff, pay a non-refundable $25 cleaning fee, and follow all guidelines and leash laws established by the Refuge.