# SOME WAYS TO PREPARE FOR JH MEN'S WEEK THIS SUMMER!


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# ONLINE ACCOUNT DASHBOARD

**Please log into your online Account Dashboard on jhranch.com/sign-in to complete all forms and waivers by July 1 to maintain an active registration.**

When you log in to your account you will be directed to the main dashboard. Click on "Alerts" to access forms. Simply click your name and you will be directed to the "Services" menu.

You can also create an account for your JH Ranch Store Card (an easy way to make purchases at the Ranch with your JH name tag).

# HOUSING

All of our men stay in cabins with their teammates and coach. The teams are built based on age.

Each cabin has approximately 8 bunk beds with mattresses, shared bathroom with a sink, shower, and toilet. Men are assigned a bunk like the ones in the photo. We do not provide toiletries, towels, or bedding.

**GEAR RENTAL:** We have a limited number of sleeping bags, ground pads, and framed backpacks for rent during our programs. See page 6 for more details.

# PACKING LIST

## CLOTHING:

- ☐ 2 pairs of shorts*
- ☐ 2 pair long hiking pants
- ☐ 2 dryfit shirt
- ☐ 2-3 pairs of jeans/long pants
- ☐ 1 pair of base layers (not cotton)*
- ☐ 6 t-shirts (include some long-sleeves)
- ☐ 3 pair of wool or synthetic hiking socks, 3 pairs of cotton*
- ☐ 1 thin or midweight fleece
- ☐ 1 down jacket (insulating layer)
- ☐ 1 WATER-PROOF rain jacket
- ☐ A pair of pants and a long sleeve you don't mind getting dirty
- ☐ 1 bathing suit
- ☐ A warm hat (beanie, toboggan, etc.)*
- ☐ Casual banquet attire, aka Khakis & a Button-Down
- ☐ Wristwatch

## SHOES:

- ☐ 1 pair of tennis shoes
- ☐ 1 pair of hiking shoes (sturdy but comfortable, needs to support ankles)

## BEDDING & PERSONAL:

- ☐ 2 towels (1 bath and 1 pack towel)
- ☐ 1 pillow with pillow case
- ☐ Toiletries
- ☐ Pens or pencils
- ☐ 1 small Bible

**DON'T MISS THIS!**
Please pack for warm days and cold nights. This packing list should be followed closely.

* We suggest wool, synthetic, or dri-FIT for the warmth and to keep dry.

## GEAR:

- ☐ 1 sleeping bag (Must be rated 10-20° F, synthetic or down filled) (Available for rent, see page 6 for details.)
- ☐ 1 internal frame backpack (minimum 65 liter)* (Available for rent, see page 6 for details.)
- ☐ 2 1-L sturdy water bottles
- ☐ 1 headlamp
- ☐ 1 small plastic set of plate, bowl, and utensils for our hiking adventure
- ☐ 1 day pack/book bag
- ☐ Insect repellent
- ☐ Sunscreen & Chapstick

## OPTIONAL

- ☐ Hat
- ☐ Sunglasses
- ☐ Bed sheets (twin)
- ☐ Camera
- ☐ Lightweight gloves
- ☐ Insect Repellent

## LUGGAGE INFO:

Luggage is limited at JH Ranch to three **(3)** pieces per guest:

1. One (1) duffel bag or suitcase that you are able to carry: **LUGGAGE CANNOT BE ROLLED ON RANCH PROPERTY.**
2. One (1) carry-on bag for personal items.
3. If you choose to bring your own backpack, this is allowed as your third item.

# JH RENTAL POLICY

We provide a limited number of backpacks and sleeping bags for rent during our programs. Please reserve your rentals online through your online account dashboard. Rentals are on a first come first serve basis for all programs. Please call or email us if you need assistance in making a reservation.

**SLEEPING BAG RENTAL: $55**

**BACKPACK RENTAL: $55**

**GROUND PAD: $10**

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**LOSS/NON RETURN-** You are responsible for the gear at all times between checkout and return. It rarely happens, but if you lose it, we will need to charge you the replacement cost to replenish our inventory.

**DAMAGES-** Our rental rate assumes normal wear will occur. However, rips, tears, excessive dirt/stains, or missing/broken parts noted upon return will result in additional charges for repair or replacement.

**Important: sleeping bags must be rated 20°F / backpacks must have an internal frame with a minimum volume of 65 liters**

# TRAVEL

## GETTING TO JH RANCH

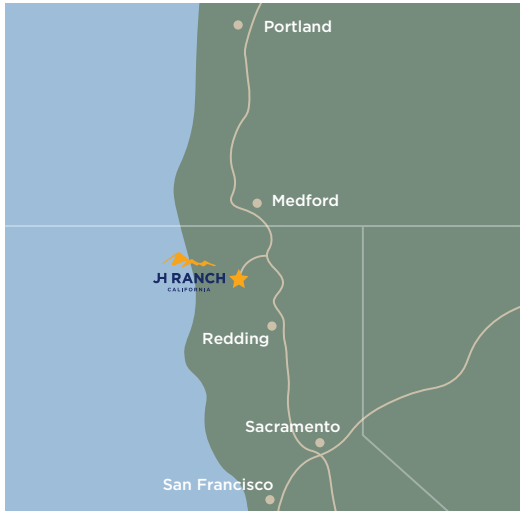
**We will be offering a shuttle to and from the MFR airport.** However, you can rent a car and drive to JH Ranch. Most guests fly into one of the following airports.

**Sacramento, CA (SMF)** - 4.5 hour approximate drive

**Medford, OR (MFR)** - 2 hour approximate drive

**San Francisco, CA (SFO)** - 6 hour approximate drive

**Redding, CA (RDD)** - 2.5 hour approximate drive




## PLANNING YOUR DATES:

The Men's Week program is August 16 - 21, you will check-in on the night of 16th by 5pm and you will depart early on the morning of 21th. Flights can be booked on these dates.

## TRANSPORTATON:

We are happy to offer a shuttle from the **Medford Oregon, Rogue Valley International airport**. Shuttles will depart at 2pm and will stop for dinner on the way. If you'd like to use the shuttle please provide your flight information on your online account at jhranch.com under "Transportation".

**You can rent a car to drive to and from JH Ranch.** Drive time varies greatly from each airport. Please plan your **total** travel time when booking your flight.

## ARRIVING LATE?

**Not a problem.**

Just give us a call at **800.242.1224** or email **lbennett@jhranch.com** and let us know about the delay in your travel plans. When you arrive, you will drive up Lodge Hill where a staff member will be on-duty throughout the night to welcome you and take you to your cabin. We will have your bed already assigned.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# TRAVEL CONT.

## ARRIVAL TO THE RANCH:

**Check-in at the Ranch will be between 3 PM and 5 PM Pacific Time on your arrival night.** The program will begin at 7:30 PM with an introduction. Please note that dinner will NOT be served at the Ranch on arrival night, so be sure to eat before you arrive. We will have heavy hors d'oeuvres. **Shuttles will depart at 2pm** and will stop for dinner on the way. If you'd like to use the shuttle please provide your flight information on your online account at jhranch.com under "Transportation".

## DEPARTURE FROM THE RANCH:

Your final evening will be a closing banquet that concludes by 11 PM. Guests are free to depart for home anytime after banquet. A continental breakfast will be available the following morning on the last listed day of your program. (For example, if your program date ends on Saturday, the closing banquet is Friday night and Saturday is your travel day.) **Departure shuttles from JH to the Rogue Valley International airport will be at 2am and 8am.** If you'd like to use this departure shuttle please provide your departure flight information on your online account at jhranch.com under "Transportation".

# MEDICAL AND DIETARY NEEDS

So that we can meet your needs while you are with us, please complete your medical form prior to **July 1 to keep your registration active**. Additionally, please be aware of the following:

## ALLERGIES

Due to change in region, some of our guests experience allergy issues at the Ranch. If you are predisposed to allergies, we recommend that you begin taking allergy medication before arriving at JH. Also, please be aware that our Big Top contains hay. Because of these things, we recommend that you bring allergy medication that will best suit your needs.

## DIETARY

JH Ranch serves a wide variety of meals and cereal/salad in addition to the meal. Please let us know prior to **July 1** if you have a dietary restriction so that we can make the appropriate accommodations.

Please note that there is an additional **cost per person** for those requiring a specialized diet, for any of the following:

- Gluten-free - $150
- Dairy-free - $150
- Vegetarian/Vegan - $200
- Egg-free - $150
- Nut-free - $50
- Or any combination - the more expensive option + $50

If your dietary needs are not submitted on your medical form, we cannot guarantee your special menu will be provided.

We reserve the right to review the dietary restrictions and decline your application. Extreme needs are assessed on a case by case basis.

Please note that we cannot accommodate any airborne food allergies.

## MEDICATIONS

If you require medications such as an inhaler or an EpiPen, please mark this on your medical form and turn in your medical form no later than Julyt 1. We require that you bring your own inhaler/EpiPen and keep this medication with you  at all times.

Medications requiring refrigeration will be kept in the nurse's station.

## MEDICAL STATION

Our Medical Station is staffed by experienced personell 24/7. The station is open for medication distribution and non-emergency situations.

Basic over-the-counter medications and remedies for our guests' needs are available at the Medical Station.

## WE WISH WE COULD BUT...

Unfortunately, we cannot accommodate guests who:

- Have suffered a concussion within 8 weeks to the start of a program.
- Have undergone orthopedic or another invasive surgery within 8 weeks to the start of the program (unless the surgery was a tonsillectomy, dental procedure or cosmetic surgery)
- Have uncontrolled seizures (seizure activity within the past month to the start of the program)
- Would require allergy shots during their stay
- Have airborne allergies (such as airborne peanut allergies)

**Please contact our office if you:**

- Are restricted in activity level due to mental or visual impairments
- Have physical activity restrictions
- Have had an invasive surgery within the past 12 weeks

Our Medical Form has more details. If you need further clarification or if any of these situations apply to your student, please contact our office as soon as possible so that we can determine the best options for your student. Contact us at **info@jhranch.com** or **1-800-242-1224**. Because of the nature of our programs and medical limitations, full disclosure of all medical conditions is required prior to arrival. Failure to disclose a condition that compromises safety or operations may result in immediate dismissal from the program, without refund, and at the guest's expense.

# IMPORTANT THINGS TO KNOW

## VALUABLES

### VALUABLES:

We advise our guests to leave jewelry, electronic devices, expensive sunglasses, etc. at home. JH Ranch is not responsible for lost or stolen valuables. However, a locked safe is available in cabins if needed.

### CELL PHONES:

We encourage an undestracted enviroment during your program at JH Ranch. **Upon arrival your phone will be securely stored and returned at the end of the program.**

### CAMERAS & PHOTOS:

You're welcome to bring your own camera. We also have a team of photographers taking pictures all week long. Photos are uploaded daily. While we do our best to capture photos of every person, we cannot make a guarantee. Delays in posting photos will occur when photos are taken on adventures away from the Ranch property. Photos are available on the JH Ranch app.

## SPENDING

### DISCRETIONARY SPENDING:

We suggest that you set aside about $150 in discretionary spending money for your time at the Ranch. You will have the opportunity to purchase items from our Snack Bar, Coffee Corral and Tradin' Post. We offer a convenient spending account which is linked to your name tag. The **JH Store Card** to use while you're here. You can set up your JH Store Card via your online account or when you arrive at the Ranch.

### TRADIN' POST:

Our "Tradin' Post" is stocked with clothing, books, memorabilia, and more, so you may want to leave a little extra space in your bag. (**JH Store Card** used here)

### SNACK BAR:

Our amazing hand blended milkshakes and the rest of our snack menu is available every afternoon and evening after Big Top. (**JH Store Card** used here)

# IMPORTANT THINGS TO KNOW

## AROUND THE RANCH

### COFFEE:

We provide freshly brewed **complimentary** coffee all day on the deck. Our Coffee Corral baristas also serve made-to-order favorites like espresso, latte and cappuccinos. (**JH Store Card** can be used here)

### LOST AND FOUND:

Please visit the front desk or call us as soon as you realize you have a missing item. Unclaimed items are donated on October 1. We request payment to cover shipping costs for lost items being returned to your home.

## WHAT'S IN YOUR BAG?

### STAYING WARM:

Every year, our Trading Post sells a lot of sweatshirts to guests who don't bring enough warm clothing. Even though it's hot and dry during the day, it can get cool in the evenings, so bring warm layers!

### PROHIBITED ITEMS:

Please be aware that the following items are strictly prohibited while on Ranch Property: chewing tobacco, alcohol, marijuana, illicit drugs, fireworks, and weapons such as knives of any kind or firearms. Please do not bring carving, throwing or pocket knives to JH Ranch. Violation of this policy and any inappropriate behavior disruptive to the program will result in a guest being asked to leave, without a refund.

### PRESCRIPTION DRUGS:

If you will be bringing prescription drugs, let us know in advance on your Medical History Form, found at jhranch.com/sign-in.

## BE AWARE

### CALIFORNIA FIRES:

In case of a California Fire, please visit http://www.fire.ca.gov/ to determine the best routes for arriving or departing JH Ranch. Please know that JH has an emergency evacuation plan should our property ever be threatened by a fire.

### DRIVING:

When driving to JH Ranch, please watch for deer and observe the speed limits, especially on French Creek Road.

**California enforces a hand's free cell phone law.**

# STEPS TO COMPLETE REGISTRATION

## CANCELLATION POLICY:

Tuition is fully refundable until May 1 except for the $300 deposit. A tuition refund of 50% is available between May 1 and June 1. If your cancellation occurs after June 1, the entire tuition will be forfeited but can be transferred to another available program. Your registration credit becomes non-transferable to a different date once your program start date is less than 30 days away.

Read more in the JH Ranch Terms & Conditions online. Please contact us as soon as possible if you decide to cancel your registration.

## FINAL DETAILS:

Please be looking for some very important information regarding your program that will be **emailed** to you this spring before your program start date.

- ◯ **MEDICAL:** Complete medical form online for both guests (Includes special dietary needs, allergies, etc.) **before July 1.**
- ◯ **WAIVERS:** Complete Conditions of Application, Responsibility Waiver, Acknowledge Statement of Faith, and Terms and Conditions **before July 1.**
- ◯ **RENTALS:** Gear rental request submitted (optional, see page 7) **by two weeks prior to arrival.**
- ◯ **TRAVEL:** Travel plans completed. Flights and JH Shuttle confirmed or car rental booked. (See page 8-9 for details)

## LET US HELP PREPARE YOU FOR A GREAT WEEK AT THE RANCH!

### Need to Contact Us?

800.242.1224 | info@jhranch.com | jhranch.com

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