Physiology and Biophysics Retreat Information
Sargent Center, Hancock, New Hampshire, 10:00 AM Saturday November 15th to 3:00 PM Sunday the 16th, 2003.

This year all meetings and meals and check-in will be held in NORTHERN LODGE!

Directions from Boston: Count on 1.5 to 2 hours travel time from Boston
Route 128 to Route 3 North.
Route 3 North to Exit 8 West, 101A (Marked to Milford, Peterborough and the Monadnock Region).
Route 101A to Milford where 101 turns left to bypass the city.
Route 101 West into Peterborough.
Just past the Peterborough Shopping Plaza turn right at the traffic light (Grove Street)
At the end of Grove Street turn left onto Union Street (or Main Street) - continue on Union (Main) for 1.6 miles.
At the red BOSTON UNIVERSITY SARGENT CAMP sign on your right, turn right onto Windy Row.
Proceed 3.4 miles on Windy Row to another red BOSTON UNIVERSITY SARGENT CAMP sign on your right.
Turn left. The entrance to the parking lot is at the bottom of the hill (.1 mile).
Follow signs to the retreat site which is being held at Southern Lodge.

Parking
After dropping off your stuff at your cabin, all vehicles must be parked back at the main parking lot.

Food
All meals and some snacks will be provided. Vegetarian selections will be available. Consider bringing a snack if you are a midnight muncher.

Alcoholic beverages
Alcoholic beverages are allowed in the conference center (Northern Lodge) and in the cabins but are not for sale at Sargent Camp, so bring your own. Other beverages will be available.

Suggested Clothing and Equipment:
When planning what to wear, think casual ski lodge attire. No suits or ties necessary!
Sheets and blankets & towels will be provided, but be sure to bring your own toiletries.

We have no control over the weather at the end of November so bring:
Warm clothing (multiple layers of wool or synthetic, rather than cotton, is best)
hat/gloves, sweater, raincoat/umbrella, waterproof footwear

You may also consider bringing:
alarm clock, sunscreen, flashlight

Equipment
There will be a break on Saturday Afternoon. Sargent Camp has a multitude of trails for hiking, a pond and facilities for field sports like volleyball, soccer, etc. If there is enough snow there is cross country ski equipment available. Most activities will require your signature on a liability waiver form to protect Sargent Camp in case of injury. The camp probably has the equipment for most activities (but if you are a diehard jai lai player, cricketeer, fencer, etc., consider bringing your own equipment).

Emergency Contact
For emergencies only, the number at Sargent camp is: (603) 525-4151

Check out the retreat web page on the department web site for late breaking news and announcements:
http://biophysics.bumc.bu.edu/department/retreat/index.html