

Accommodations and Food at the Forest Refuge

- Accommodations at the Forest Refuge are all single rooms, each with a twin-size mattress on a low wooden bed frame, two pillows and two blankets. There is also an individual thermostat to adjust the heat, a sink, closet, desk and chair. Linens and towels are provided.
- All Forest Refuge dormitory rooms have keyless locks. You'll be given a code on arrival.
- Bathroom blocks, with toilet and shower facilities, are located on each floor.
- If you have a specific medical requirement, such as chemical sensitivity or needing wheelchair access, please contact us in advance regarding appropriate arrangements.

Food

- We serve tasty, varied, nutritious vegetarian meals (including dairy and eggs). Lunch is substantial, while breakfast and supper are lighter meals.
- For those with allergies to gluten and/or dairy, a simple, non-animal protein, a gluten-free grain and a plain vegetable are served at lunch.
- For additional dietary requirements, please bring what you need. We do not serve coffee; you may bring your own. We cannot supply specific snacks or utensils.
- If you have a serious food allergy, contact our kitchen manager prior to your arrival so you can decide whether IMS is a suitable environment for you. You can reach them at extension 360.
- Cooking in your room is not permitted.