

## **Accommodations and Food**

### **Accommodations**

Bedrooms are small single rooms, simply yet comfortably furnished for each retreatant with a twin bed, sink, closet and chair. A pillow and two blankets are provided. If travel arrangements permit, please bring your own sheets, pillow case, towels, and additional blankets. Camping is not available.

As our space permits, we reserve some floors for all genders, some for women only and some for men only. Bathroom blocks, with individual toilet and shower facilities, are located on each floor.

All buildings accommodate individuals with mobility limitations. If you are disabled, please contact us before arrival to make appropriate arrangements.

### **Food**

We serve tasty, varied, nutritious vegetarian meals (including dairy and eggs). Breakfast and lunch are substantial; a lighter dinner is served in the late afternoon. 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.