

What to Bring to Medomak (and other important information)

The following is a list of items you will need to bring to the Retreat.

BEDDING AND PERSONAL ITEMS

- Twin sheets
- Pillow and case
- Blankets and/or sleeping bag
- Mattress pad (recommended)
- Towels
- Toiletries in carry case or bag
- Sunscreen
- Flashlight and batteries (*Phones can suffice, and there are some flashlights with a hand crank instead of batteries*)
- Sunglasses
- Laundry bag
- Water bottle or canteen
- Insect repellent

CLOTHES

- Bathrobe
- Swimsuit
- Pajamas
- Long pants
- Shorts
- T-shirts
- Socks
- Sweatshirts/sweaters
- Hat
- Sandals/slippers
- Sneakers/athletic shoes and/or hiking boots
- Jacket
- Rainwear and/or umbrella
(highly recommended)

CONCERT ATTIRE

Our final concert takes place in a lovely, modern barn that was designed and built for us in 2021. We suggest “crisp casual attire,” suitable for a casual summer evening event. The orchestra wears black pants or skirts and solid color tops. Some conductors have chosen to wear pressed pants and a Retreat long-sleeve T-shirt. The shirts will be available at Medomak. It is not appropriate to wear tails, tuxes or gowns. If you have questions, please let us know.

HD VIDEOS AND SD CARDS

Videos of the conducting sessions are recorded using a HD video camera with SD card technology. You will need to bring an SD card with a capacity of 64GB or more.

We recommend a 64GB SD card such as the [SanDisk Extreme Pro](#). Videos are shot in 4k and take up a good deal of space (even in 10-15 minute intervals). We highly recommend bringing a laptop or device to transfer your video.

CLASS SUPPLIES AND MATERIALS

- *Music for Score Reading* by Robert A. Melcher and Willard F. Warch -- out of print, but available by special arrangement with the publisher. See the ordering link we have provided.
- *J.S. Bach: Chorales (1-91) in Open Score (c-clefs);* Riemenschneider Edition
This is available through Yesterday Music Service.
- *All of the scores on the repertoire list*
- Notebook, pens and pencils
- Folders to organize papers
- Scores for all pieces
- 64 GB SD card (see above)
- Laptop computer (**optional, yet highly recommended**)

SHIPPING SOME OF YOUR ITEMS (optional)

Those of you who are traveling by air may want to ship some of the bulkier, lighter items in advance (such as bedding). All major shippers such as US Postal Service, UPS, and FedEx deliver to the Medomak Retreat Center on a regular basis. Shipped packages should arrive at Medomak after June 21st. We will help you with return shipping from the Retreat. The address for shipping is:

Attention: YOUR NAME
Conductors Retreat at Medomak
307 Liberty Rd
Washington, ME 04574

MORE INFORMATION

- You will have an electrical outlet at your nightstand for charging personal items.
- The shower water is untreated. If you would like to be friendly to the Medomak grounds and waters, and we hope that you will be, we encourage you to bring biodegradable soaps and shampoos.
- There is no laundry facility on the grounds. Laundry facilities are available in nearby communities. We will help arrange transportation and/or to take your laundry to be done for you.
- There is Wi-Fi in selected areas, although we recommend that you keep your Internet use to a minimum.
- We have several electric keyboards and two pianos. If you have your own keyboard and would like to bring it along, you are welcome to do so.

WEATHER AND TEMPERATURE

For your comfort: *Remember, there is no heat in the cabins. While it can be very warm during the day, it can be extremely cold at night.* The temperature can drop to the lower 40s (F) [5° or 6° C]. A sleeping bag makes a good comforter or supplement to blankets.

OPTIONAL ITEMS TO BRING

- Portable music player (iPod, phone, MP3 player, etc.)
- Earbuds or headphones
- Tennis racket and tennis balls
- Day pack
- Frisbee
- Football
- Soccer ball
- Baseball and glove
- Fishing rod
- Kite
- Bicycle
- Camera