



## Food & Accommodation

### Mountain and Expedition Emergency Medicine (MEEM)

#### Accommodation

Coetmor Mill is an old watermill that has been renovated and turned into a bunk house. The sleeping accommodation is communal bunk rooms, similar to alpine huts. There is a large kitchen, quiet area, toilets and showers and a drying room. There is parking for approximately 8 cars. If possible, we ask that you share transport.

You will have access to the Mill, from 16:00 on the Friday of your event. The Mill must be vacated on the Sunday morning. When we leave, the Mill must be left, as we found it, clean and tidy. Whilst not compulsory, we request that everyone help to do this, so that we can get away and into the hills ASAP on Sunday morning.

#### Food

**If you have any allergies, food intolerances or requirements PLEASE let us know at booking.**

The following is included in you weekend:

Day	Time	Food
Friday Evening	16:00-22:00	Tea/coffee/cold drinks Cake
Saturday Breakfast	07:00	Cereal/porridge Toast & marmalade/jam Cooked breakfast
Saturday Lunch		Rolls Cheese/ham, pickle Chocolate/biscuit bars Fruit
Saturday Afternoon	17:00	Tea/coffee/cold drinks Cake
Saturday Evening	19:30	Soup & Bread Hot meal Fruit salad/spicy rice pudding/yoghurt
Sunday Breakfast	07:00	Cereal/porridge Toast & marmalade/jam Cooked breakfast
Sunday Lunch		Rolls Cheese/ham, pickle Chocolate/biscuit bars Fruit

We ask you to make your own lunches from the ingredients provided. Please provide your own "lunch box". We will NOT be providing plastic sandwich bags, in order to be as environmentally friendly as possible.

Alcohol is NOT included. You may bring your own alcohol, but we ask that you drink in moderation. Anyone intoxicated will be asked to leave the event (see participation statement)

It would be great if you could help with the washing up and clearing after the meals.

