



## PLANNING FOR YOUR ARRIVAL

The following information is provided to make your visit a pleasant one. In addition, please use the attached checklist to assist in packing. If you have questions or comments, please contact Guest Services or your Program Consultant.

### ACCOMMODATIONS

Depending on the accommodations you requested through the registration process, you will either be staying in a private room villa or a personal condo. Guests staying in a private room villa will have a private bedroom and bath, and will share the living, dining, laundry and kitchen areas. Guests staying in a personal condo will have a condo all to themselves.

### HOUSEKEEPING

Linens and maid service are provided once each week. If you require additional service during the week, it can be arranged for an extra charge through Guest Services. If there are any problems with your accommodation, please let us know immediately. We will rectify the problem in a timely manner.

### BICYCLE RENTAL

Bicycles are available for rent during your stay or you may choose to bring your own.

### MAIL AND TELEPHONE CALLS

Please use the following as your mailing address during your stay with us:

Name  
c/o Hilton Head Health  
14 Valencia Road  
Hilton Head Island, SC 29928  
Phone: (843) 785-7292 Fax: (843) 785-2340

**This address is also appropriate for special mail services such as UPS, Federal Express, etc.**

Personal and business calls should be placed and received at your villa. Your villa phone number will be available upon check-in. In addition, phones are available at the main building for making personal calls. All long-distance calls must be made either by cell phone, calling card, credit card or by calling collect. We will be happy to take messages for you should callers not reach you in your villa. If they call (843) 785-7292, we will post a message on the message board in the main building. Of course, in an emergency, we will locate you as soon as possible.

### INTERNET ACCESS

There are two computers available for Guest use 24 hours a day. There is also wireless service available in the main building to access the internet with your laptop. We do not have a computer consultant on staff to help Guests troubleshoot their computer settings or connections.

### CLOTHING

The facility and the island have a relaxed, resort atmosphere – so bring comfortable, casual clothes. Shorts and t-shirts are appropriate for exercise sessions. Clothing items of this nature are available at the H3 retail shop. Bring at least one swimsuit for water fitness and a beach towel, if so inclined. Dress for dinner is also casual. From November through February, you may need warmer clothing for the early morning and evening hours. A lightweight rain jacket is recommended any time of year. For all seasons, we recommend a sweater or the like, as the lecture rooms may be cool.



Keep in mind that the temperature range is:

|               | <b>HIGHS</b> | <b>LOWS</b> |
|---------------|--------------|-------------|
| <b>Winter</b> | Mid 60's     | Mid 40's    |
| <b>Spring</b> | Mid 70's     | Mid 60's    |
| <b>Summer</b> | High 80's    | Low 70's    |
| <b>Fall</b>   | Mid 70's     | Low 60's    |

As anywhere, the weather can be unpredictable on Hilton Head Island, so please come prepared.

## **VALUABLES**

Items such as expensive jewelry and watches are unnecessary in the casual resort setting of H3 or on Hilton Head Island. We recommend that you leave all such items at home. However, safe deposit boxes are available at the front desk without charge should you need one.

## **MONEY**

You may use personal checks for any payments made to Hilton Head Health. H3 also accepts Visa, MasterCard, and American Express. You may need a small amount of spending money for local shopping and personal expenses. Since Hilton Head Island is a vacation environment, most retailers accept all credit cards and traveler's checks, as well as cash.

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## **CHECKLIST**

Before you pack, please review the items listed below. These are **suggestions** for making your stay enjoyable and relaxing.

- One or more swimsuits
- Toiletries
- Shower Shoes for Locker Rooms and Pool Area
- Athletic shoes and socks
- Sweater or jacket for evenings and/or air-conditioned facilities
- Headphones with FM receiver to use while on the exercise equipment
- Comfortable workout clothes
- Bath Robe
- Flashlight
- Umbrella
- Rain gear
- Calling card
- A good book
- Camera
- Hair Dryer
- Laundry Detergent (washers/dryers in private room and personal condo accommodations)
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