



Dear Families,

We are so excited that you have decided to join us this year for a Family Getaway at the COR Ranch near Cody, WY. We want to welcome you and share some information to help you prepare. In this packet you will find directions to the COR Ranch, a packing list, activity information, and other helpful details. Please read through the following information carefully and refer to the packing list as you prepare your suitcases. If you have any questions, please call our office at 307-335-4334 or email info@corexpeditons.org.

Health Form

Every family must complete the online health form at least two weeks prior to arrival at the COR Ranch. This form provides our staff with important information regarding your family's food allergies and medical history. Only one form should be completed per family; the estimated time needed to complete the form is 10-15 minutes. Click [HERE](#) for the form.

Waiver & Photo Release

Every family member 18 and over must sign our waiver and a parent/guardian must sign for anyone under 18. The waiver and photo release can be signed online [HERE](#).

Emergency Contact Information

While there is limited to no cell service at the ranch (depending on your service/provider), it will have a landline phone for emergency use. Please call this number if you are going to be late for dinner or if your arrival will be delayed. This number may also be given to your family and friends as a way to reach you in case of emergency during your stay. We are in the process of getting this line set up and do not yet know the phone number. We will send you this number prior to your arrival.

Driving Directions

Address: 4148 Southfork Rd, Cody, WY 82414

Google Maps Link: <https://goo.gl/maps/fJo4hz5CgEs>

Turn by Turn Directions from Cody, WY:

1. In Cody, take US-14 West. Shortly after passing Walmart on your right, you'll turn left onto Southfork Rd (WY-291).
2. Stay on Southfork Rd for 41.5 miles and the ranch will be on your left. You'll pass Deer Creek Campground about 1.2 miles before you reach the ranch.
3. There are two gates to enter the property. Enter at the second gate (look for COR Expeditions signs directing entry).

Arrival Instructions:

When you arrive, enter at the second gate and follow posted signs to the parking lot. If a staff member does not come out to greet you, proceed through the arch at the Southwest corner of the parking lot and look for signs directing you to check-in. A staff member will direct you to your lodging and orient you to the ranch. The COR staff will be available throughout the week if you have any questions, needs, or concerns.

Packing List

Basic Packing:

- Clothing Suggestions - non-cotton clothing for hikes, rain coats, pants *and* shorts, warm jackets for the cool nights. The climate in this area can vary greatly even in June and July; bring layers so you can adjust to the weather.
- Hiking shoes or boots
- Swimsuits (or wetsuits if you have them for little kids) and water shoes (if desired) for swimming at the swimming hole
- Towels for swimming and showers
- Toiletries - shampoo/conditioner, toothbrush/toothpaste, deodorant, etc.
- Sun Protection - The ranch is at an elevation of 6400 ft. which means that you are closer to the sun than many areas of the country. Sunscreen, sun hats, and sunglasses are highly recommended.
- Bug Spray - It's hard to tell how many bugs there will be, so come prepared.
- Daypacks/Backpacks - To carry lunch, water bottles, extra clothes, etc.
- One reusable water bottle per person **required** - please mark with your name

Extras:

- Camp Chairs - The ranch has some camp chairs, but if you have your own and have space in the car, please bring them.
- Musical Instruments - Feel free to bring a guitar, harmonica, fiddle, etc. for around the campfire.
- Flashlights or Headlamps - for walking around the ranch at night (the cabins do have electricity).
- Fishing Rods - A selection of fishing rods will be provided. A Wyoming fishing license required to fish at the river (see activity notes).
- Bikes - There will be a limited selection of adult and children's bikes at the ranch, but if you plan to do much biking, you may wish to bring your own.
- Games and Sports Equipment - We have a variety of board games and sports equipment. However, consider bringing your favorite family games or sporting equipment to share with other families if you have space in your car.
- Baby Monitor - Don't forget your baby monitor if you have younger kids who go to bed early or go down for a nap while you stay up later.
- Booster chair - We have limited booster chairs and highchairs available. If you need either of these and have space in your vehicle, please bring them.
- Life Jackets - We have a limited number of infant and child life jackets for swimming at the swimming hole, so if you have any and can bring them, please do.
- Water Guns - During the day it can get hot and a fun water fight can be a great way to cool off.
- Snacks - Feel free to bring your own stock of snacks or drinks that will help you and your kids enjoy your stay. You may also bring your own adult beverages.

Bedding & Bathroom Linens

Bedding: Your beds will be clean and made upon arrival. COR does *not* have daily linen service.

Bathroom Linens: COR will provide hand towels in each bathroom - towels for showers may be available upon request.

Extras: COR has a limited number of extra pillows, blankets, and towels available upon request.

Meals

Breakfast: A hot breakfast will be served each morning after mass in the main lodge. (In general, daily mass will be around 8am.)

Lunch: During breakfast there will be a "sack lunch bar" where you and your family can build your own sandwich or deli wrap and pack a bag of chips, piece of fruit, and granola bar in a brown bag. You and your family will then be able to go and do any activities during the day and eat lunch on your own schedule.

Dinner & Dessert: Each evening there will be dinner around 5 or 6pm, often accompanied by a simple dessert such as brownies, cookies or s'mores around the campfire.

Extra Snacks and Drinks: You know your family's needs, if you know your kids need extra food or drinks for meals, or that special snack, please bring supplemental food (we will always have extra bread and PB&J). We will have lemonade available and coffee and hot chocolate but if you want other drinks or adult beverages feel free to bring them.

**We will be aware of any dietary needs from your health form. We can accommodate vegetarian, gluten free, dairy free, peanut free, and other basic dietary restrictions/food allergies. If your dietary restrictions are more complex, please contact us ahead of time to make sure we can accommodate your needs. Please remind the staff about any dietary restrictions when you check in at the ranch.*

***While our staff will be primarily responsible for dishes and kitchen cleanup, we may ask family members to assist with basic duties such as bussing tables and cleaning up the dining area.*

Daily Activities

There will be a number of activities available each day both at the ranch and in the local area. When you arrive, you will be able to sign up for activities throughout your stay. Maps and directions will be provided to various hiking trails, fishing spots, and other "self-led" activities as well as to the guided activities.

HORSEBACK RIDING (Guided): Children 10 and up can go horseback riding (younger ages may be allowed at the wrangler's discretion). No prior experience riding is necessary.

- 2 HOUR RIDE: (generally ages 10 and older - at wrangler's discretion)
- ALL AGES are welcome to meet & visit the horses in the corral when staff are available!

HIGHLINE ROPES COURSE (Guided): A tyrolean traverse through the trees. Recommended for ages 5+.

SHOOTING RANGES (Guided): All ages welcome. Younger kids can try their hand at BB guns, while older kids and adults can try the .22 rifles. Archery will also be available.

FISHING (Semi-guided): The South Fork Shoshone River offers great fishing opportunities right on the ranch property. Fly-fishing rods and tackle will be available from COR. Due to permitting restrictions, our staff are not allowed to guide fishing on the river, but they can certainly teach you how to fly-fish at the swimming hole and you are welcome to then try your skills on the river on your own. If you would like to fish on the river, you will need to purchase a fishing license either online at <https://wgfd.wyo.gov/apply-or-buy> (click on 'Purchase Licenses') or at nearly any gas station in Wyoming.

- NON-WYOMING RESIDENT RATES:
 - Age 13 and younger: free
 - Age 14-17: annual is \$15 (daily is not available)
 - Age 18+: daily is \$14, annual is \$102, 5-day is \$56

- WYOMING RESIDENT RATES:
 - Age 13 and younger: free
 - Age 14-17: annual is \$3 (daily is not available)
 - Age 18+: daily is \$6, annual is \$27

HIKING: Any of the staff would be happy to recommend some hiking options and help you find them on a map. Guided hikes can be arranged upon request if there is a staff member available.

YARD GAMES AND SPORTS: A variety of yard games and sports equipment will be available at the ranch for your family's use at any time.

SWIMMING: There is a large swimming hole with a dock located on the property. There will not be a lifeguard on duty at any time. Children should be supervised.

ARTS & CRAFTS: A variety of arts and crafts supplies will be available in our craft studio.

BONFIRES: Build community around the bonfire every night.

COMMUNITY EVENTS: COR staff will facilitate a variety of community events throughout the week, such as a yard party, country dancing, a shooting competition, bonfires, sports tournaments, and family or group challenges. Actual events may vary.

OTHER ACTIVITIES IN THE AREA:

- YELLOWSTONE NATIONAL PARK
- ATTEND a RODEO in CODY
- BUFFALO BILL CENTER OF THE WEST
- AND MORE!

General Ranch Safety

The ranch will have anywhere from 40-80 people staying with us at any given time and there will be many children running around. Your children's safety is your responsibility unless they are specifically on an activity managed by our staff. While we will provide a basic tour for your family when you arrive to show you the areas for your use and places to avoid, it is up to you to make sure your children follow the rules and expectations presented on the tour. Furthermore, a child's freedom on the property is at the parents' discretion. While some parents may allow a 10-year-old to roam free, another family may only allow a 14-year-old to roam free. Safety is our first priority for your children and if we see anyone not following the rules and expectations we have set out we will notify parents and expect improved behavior.

This ranch is connected to the wilderness boundary and it is in grizzly bear, mountain lion, and wolf country. Though it is uncommon to see these animals in the heavily trafficked areas of the ranch where you will be spending most of your time, bears have been sighted on the property and you should not go wandering into the woods alone or in small numbers without bear spray. We do have bear spray available for your use if you wish to explore, and our staff will advise you on how to use it and when you should have it with you. Also, in order to keep the ranch free from animals we have a strict trash policy; do not leave any food or trash on the ground during your stay, as it encourages animals to come onto the property. This information isn't designed to scare you and the ranch has minimal risk, but it does have the potential of higher risk for kids who decide to wander off.

While we will advise your family of all of these concerns upon arrival, it is important for your children to understand these rules. We encourage you to take some time prior to your arrival on the drive to frontload some of these safety concerns to your children so it is in their heads when they arrive. Finally, our staff are very comfortable with living in the wilderness and know how to keep your families safe. More importantly, they love working with children and sharing their passion for Christ through the outdoors. In addition, our staff are trained in wilderness medicine and will use their experience and training to keep your family as safe as possible.