

## What to Expect

### Location

**Fort Bragg is Mendocino County's largest coastal community** and is located on Coast Highway 1, about four hours north of San Francisco's Golden Gate Bridge. Facing the ocean headlands and bordered by the Noyo Harbor to the south and Ten-Mile Beach to the north, Fort Bragg offers a wide variety of activities among the beaches, rivers, and surrounding redwood forests, including beachcombing, picnicking, trail biking, kayaking, surfing, diving, walking, hiking, and jogging along the ocean paths. The Mendocino coast is well known for its excellent lodging, restaurants, antique shops, outdoor festivals, Community Theater, art galleries, breweries, and nearby vineyards. Within a few blocks of the school there is a yoga studio, health clubs, a healing center/spa, health-food store, gift shops, boutiques & a movie theater.

### Climate and Clothing

**Weather:** The weather in Fort Bragg is delightful. The summers boast pleasant temperatures, and the winters are cool, never freezing. Average temperatures during class times are 50-67 degrees F. With its pristine air, and ocean breezes, Fort Bragg offers the perfect environment for year-round floral gardens.

**Clothes:** Weather along the coast is changeable, which makes it interesting. It never gets very hot and doesn't freeze, but it can be damp, at times. It is best to dress like an onion—bring a jacket, and be prepared to peel off the layers as the day warms up. You may also want to bring something nice to wear, as we have some light social occasions. Those of you participating in the *Associate Chef and Instructor Training* will have an opportunity to present a culinary demonstration, so it is **required that a chef's coat and a chef's hat be worn** during hands-on portions of training (see below). During other classes a nice apron or a chef coat may be worn. Ladies may want to bring makeup for their culinary demonstration.

**Shoes:** Closed toe shoes are **required** while in the kitchen or when preparing food in our student hands-on facility. If you plan to enjoy walks along the coast bring shoes suitable for rocky terrain as our headlands boast small sandy beaches with lots of large rock formations.

### Accommodations

**Lodging:** You can choose from a variety of accommodation options in Fort Bragg, including several tranquil ocean side camping areas. Those who prefer to set up "camp" in luxury will find everything from budget rooms to extravagant cottages with ocean views and comfortable, homey, bed & breakfasts. See the *Accommodations* page for a comprehensive list of local hotels and B&B's. Reservations are required far in advance and fees are subject to change without notice. Accommodations are not included with your tuition and Living Light cannot assist with reservations, so please call the hotels directly for reservations.

**Tent camping:** Living Light has a reserved site at Cleone Campground just over 3 1/2 miles from the Living Light Center. Although it is a long walk, it is possible to walk, run, or ride a bike along the beach to Cleone Campground. One campsite will accommodate up to 6 people in tents and provides showers to campers staying there. *Please call our Living Light office to reserve space on the group site. Those using the site will share the normal camping fee of \$25 per site. If you prefer a private site, you may contact any of the local campgrounds directly. See the accommodations page for a comprehensive list of campgrounds in the area.*

**Security:** Small student lockers are available at the school for your handbags and personal culinary supplies. We will assign you a locker number when you arrive for check-in.

### Telephones and Internet

**Cellular phones:** Most (not all) cell phones work in the Fort Bragg area. Check with your carrier.

**Student courtesy phone:** Living Light has a phone that can be used for short local calls or long-distance emergencies (with a calling card).

**Emergency contact.** If you would like to leave a number for your family to contact you in case of emergency we are happy to take a message for you at (707) 964-2420.

**Internet access:** There is an Internet café located across the street from The Living Light Center, as well as WiFi in the Company Store, compliments of the Mendocino Cookie Company.

**Laundry:** There are several Laundromats in Fort Bragg. See our *Things to Do* section for a complete listing.

## What to Bring

### Do Bring

**Do bring your own sharp knives:** You will need your own knives for the hands-on instruction classes. Mark your knives clearly with your name or a symbol (in permanent ink) to identify them. You will need one 8-, 10-, or 12-inch chef's knife, one small paring knife, and one 5-inch serrated knife, all with protective sheaths or in a knife case. If you do not own good-quality knives, you may purchase them at the Living Light Marketplace. We use both Henckels and Mac knives at the school and have them for sale in our store. If you are traveling by airplane, you must pack your knives in your checked luggage; do not pack them in your carry-on luggage.

**Do bring** appropriate clothing. Attendees of *Essentials of Raw Culinary Arts* are required a minimum of two aprons or other chef's apparel. **Attendees of the Associate Chef and Instructor Training are required to wear a Chef's coat and hat.** All chefs' apparel is available for purchase in many styles and sizes in the Living Light Marketplace.

**Do bring comfortable** closed-toe shoes suitable for standing, walking, and working in the kitchen.

**Do bring** hair control items: hair ties, cap, chef hat or other appropriate head wear to keep hair out of your face and the food. *If you do not have appropriate hair covering you will be required to wear a hair net during all hands-on portions of the training.*

**Do bring** student supplies, such as a notepad, pen and pencil.

**Do bring** your **Living Light Recipe Binder**, if you are a returning student.

**Do bring** a musical instrument or other performance items if you want to participate in our "talent show."

### Do Not Bring/Wear

**Do not bring** jewelry. We request that you not wear bracelets or rings, other than a plain wedding band

**Do not wear** Nail polish: do not wear nail polish or artificial nails. It is *required* that nails are cut short; *if nails are not acceptable length it is required you wear gloves.*

**Do not wear** scented perfumes or lotions, as fellow students may be sensitive. It is important that your senses be keen and ready to take in the tastes and aromas of the gourmet foods we will prepare in class.

**Do not bring** any food that requires refrigeration to the school. Many hotels in Fort Bragg offer rooms with small refrigerators, so you may reserve a hotel room with a refrigerator for your own use. Living Light does not provide refrigeration space for the students.