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## **KEKOKA YOGA RETREAT GUIDE 2023**

### **Arrival 4-6:30 p.m. on Friday, September 15, 2023**

- You'll be greeted by a staff member and KYR volunteers upon arrival. They'll check your paperwork, confirm your cabin assignment, and direct you to its location.
- If you plan to arrive after 6:30pm, please contact Ana Mae Morrow for more information.
- If you unexpectedly arrive after the check-in time and have pre-ordered a Friday dinner, please get in touch with Ana Mae for more information.

### **Cabin Assignments**

Each person will be placed in a male or female cabin. You'll need to bring your own linens. Each cabin consists of single-size bunk beds (enough for 12 people). Cabins are climate-controlled and have two toilets and two sinks in each.

### **COVID Protocols**

- In accordance with CDC guidelines, we no longer require participants to be fully vaccinated in order to stay overnight in a cabin.
- Face masks are not required.

### **Tent Camping**

There's plenty of space out under the stars if you wish to bring your own tent.

### **Meals**

- As much as possible, the meals will consist of ingredients locally sourced from sustainable farmers.
- Although each meal will have vegetarian options, we're unfortunately unable to accommodate additional dietary requirements (gluten-free, etc.). There's a microwave and refrigerator you can use should you need to bring your own meals.
- S'mores will be provided at the fire pit after dinner both nights.

### **Bath House**

The orange bath house is centrally located at camp and attached to the pool. It's climate-controlled with 10 shower stalls, five toilets, and four sinks on both sides (male & female). Toilet paper, hand soap, and paper towels are provided.



### **Things to Pack**

- Toiletries (shampoo, soap, towel, etc.)
- Linens (bunkbeds are twin size)
- Bug spray
- Sunscreen
- Water bottles - there will be a couple locations on camp to refill your water bottles.
- Snack food is optional, but please put in an air-tight container.
- Yoga mat and any props you might need (yoga blanket, blocks, strap)
- Camp chair – around the campfire, by the waterfront, under a tree, etc.
- Flashlight
- Cash or checks for merchandise (jewelry, clothing, local goods, etc.)
- Yoga Mat
- Clothes:
  - Comfortable clothes for yoga
  - Sweatshirt/jacket (it can get quite chilly at night!)
  - Casual/comfortable clothes
  - Rain gear
  - Closed toe/heel shoes for climbing tower & zipline

### **Things Not to Bring**

- Alcohol
- Glass containers
- Weapons
- Pets
- Fireworks

### **Camp Rules**

- YMCA Camp Kekoka is an alcohol and drug-free camp area. Alcohol consumption on camp property is prohibited.
- Swimming or boating is only allowed when there's a lifeguard on duty. Please refer to your weekend schedule.
- Please follow the YMCA core character values of Honesty, Caring, Responsibility, and Respect while on the premises. Please, no pets allowed.
- Campfires are only permitted at the campfire circle. Staff will start & maintain.

### **Refund Policy**

If cancellation is necessary, the following fees apply: If we're notified by August 1, a \$100 cancellation fee applies. If we're notified after August 1, there is no refund, and the full fee applies.

### **Departure**

Departure time is 11:30 a.m. Sunday. We ask that you please leave your cabin/tent area the way you found it. Please see a staff member if you need any assistance (trash bag, trash pick-up, broom, etc.). We appreciate your help in taking care of our beautiful environment.

### **Camp Kekoka Contact Information:**

Ana Mae Morrow, Resident Camp Executive Director  
1083 Boys Camp Rd.  
Kilmarnock, VA 22482  
P: (804) 435-3616 ext. 4301  
C: (703) 346-4632 (text or call)