



KEKOKA YOGA RETREAT PLANNING GUIDE 2026

Arrival 4-6 p.m. on Friday, September 18, 2026

- 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 p.m., please contact Joe Hickey at 804-695-6882 for more information.
- If you unexpectedly arrive after the check-in time and have preordered a Friday dinner, please get in touch with Joe 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.

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 local ingredients sourced from sustainable farmers.
- Although each meal will have vegetarian and gluten-free options, we're unfortunately unable to accommodate additional dietary requirements. 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 and female). Toilet paper, hand soap, and paper towels are provided.



Things to Pack

- Toiletries (shampoo, soap, towel, etc.)
- Linens (bunk beds 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, when suggested for a class, under a tree, etc.
- Flashlight
- Cash or checks for merchandise (jewelry, clothing, local goods, etc.)
- Yoga mat
- A kayak or SUP board, if desired
- Clothes:
 - Comfortable clothes for yoga
 - Sweatshirt/jacket (it can get quite chilly at night)
 - Casual/comfortable clothes
 - Rain gear
 - Closed toe/heel shoes for zipline
 - Water shoes (oyster shells are sharp and can cut your feet)

Things Not to Bring

- Alcohol
- Glass containers
- Weapons
- Pets
- Fireworks

Camp Rules

- YMCA/APYC 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 and 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:

Joe Hickey, Resident Camp Director
1083 Boys Camp Rd.
Kilmarnock, VA 22482
P: 804-695-6882