



RKY CAMP

***Thank you for registering for
WOMENS WEEKEND!***

You have made a wise decision for your mind and body to come up and join us for a relaxing weekend on beautiful Eagle Lake. There will be lots of options of how you can spend your time, and it's entirely up to you if you would rather just sit on the dock and enjoy the peacefulness, or go on a nice long walk around site, then pamper yourself with many of our wellness options!

In previous years we have had yoga instructors, spa experts and a masseuse. This years' information package will include; directions to camp and more about the special guests who will be joining us. Watch for this information to be posted on our website closer to the date of the event.

<http://www.rkycamp.org/registration/forms.html>

Please see the overnight packing list below to ensure you are well prepared for a well deserved weekend of relaxation and fun at RKY camp!

In Camp Friendship,

Leigh Coffey
Assistant Director, RKY Camp

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OVERNIGHT PACKING LIST

- Enough warm and cool clothes for the weekend (come prepared for all types of weather)
 - Suggested: long pants, shorts, t-shirt, x 2, long sleeve shirt, fleece & vest or thicker jacket
- Rain Jacket (umbrella and rain pants and boots, optional but nice if it rains)
- Sunscreen, sunglasses, sun hat
- Swim Suit and Towel
- Sturdy shoes for wearing around camp
- Slippers or slip on sandals are nice for wearing inside (optional)
- Pillow and sleeping bag or bedding** (please be prepared for chilly temperatures)
- Toiletries
- Flashlight (there is no overhead lighting at RKY camp)
- Water bottle
- Toque & mittens (optional, but nice for cool September nights)

