

RKY Women's Weekend – Schedule

Schedule subject to change and will be posted in the Dining Hall

Friday	Saturday	Sunday			
<p style="text-align: center;">6:30pm Arrival Starts Settle into Cabins</p> <p style="text-align: center;">7:30pm Welcome Meeting and Appetizers in the Homestead</p> <p style="text-align: center;">8:00pm Evening Yoga (Lindy) @ The OC</p> <p style="text-align: center;">Tai Chi (Leslie)</p> <p style="text-align: center;">Campfire @ Duffy's</p> <p style="text-align: center;"><i>10pm-7:30am – Eagle Lake Quiet Hours</i></p>	<p>7:00 – Early Riser Yoga (Lindy) 7:45 Wake Up Bell 8:00 Polar Bear Dip</p>	<p>7:00 – Early Riser Yoga (Hellen) 7:45 Wake Up Bell 8:00 Polar Bear Dip</p>			
	8:30 Breakfast		8:00 Continental Breakfast		
	9:30	<p>Rock Climbing (High Ropes – 2 staff)</p> <p>Intro to Kayaking Lesson (2 staff, NLS)</p> <p>Arts & Crafts (1-2 staff)</p>	9:00	<p>Archery (1 staff)</p> <p>Waterfront Open (2 staff, NLS)</p> <p>Arts & Crafts (1 staff)</p>	
	10:30	<p>Dangle-a-Maze (High Ropes – 2 staff, NLS)</p> <p>Tai Chi (Leslie)</p> <p>Total Gentle Body Workout (Hellen)</p> <p>Intro to Canoeing Lesson (2 staff, NLS)</p>	10:30 Brunch		
	11:30	<p>Open Waterfront (2-3 staff, NLS)</p> <p>Free Time</p>	<p><i>After Brunch, the Tuck Shop will be open for purchases (depending on stock).</i></p> <p><i>Your credit card on file will be charged the following week.</i></p>		
	12:30 Lunch				
	2:00	<p>Team Tower (High Ropes – 2 staff)</p> <p>Waterfront Open (2-3 staff, NLS)</p> <p>Balance and Core Workout (Hellen)</p>	12:00pm Goodbyes and Departure		
	3:00	<p>Vertical Playground (High Ropes – 2 staff)</p> <p>Waterfront Open (2-3 staff, NLS)</p> <p>Afternoon Yoga (Lindy) <i>*Perhaps indoors or on the grass between dining halls?*</i></p>	<i>See you in the Fall or Next Year!</i>		
	4:30	<p>Archery (1 staff)</p> <p>Free Time</p>			
	5:30 Dinner				
	<p>7:00 Sunset Hike to the Beaver Dam (2) Tai Chi (Leslie) 8:00 Campfire at Duffy's 9:00 Light Snack in the Homestead</p>				
	Time to Relax!				
	<p>Feel free to participate as much or as little as you would like! Thank you for respecting the mealtimes that Rhonda has set.</p>				

RKY Women's Weekend – Packing List

****Note: this list is to be used as a guide, but don't hesitate to bring more ****

*RKY Camp's cabins are a variety of insulated and non-insulated.

*We recommend that you look at the forecast in the days leading up to Women's Weekend and pack extra blankets for sleeping in the event of cooler overnight temperatures.

"You can't put on what you don't have!"

- Anonymous

- Pillow and sleeping bag or bedding (RKY does not provide any bedding – all cabins have traditional wooden bunk beds with twin camp mattresses)
- 2 pairs of pants (at least 1 non-jeans recommended)
- 1-2 pairs of shorts
- 2-3 t-shirts, 1 long sleeve
- Hat/toque
- Bathing suit(s)/beach + shower towels
- Sunscreen/insect repellent/bug net or jacket
- Warm Jacket/sweaters (the nights may be chilly)
- Sturdy close-toed shoes for wearing around site and in most programs
- Underwear and socks (enough per day)
- Rain jacket/rain boots/rain pants
- Slippers or sandals for wearing inside you cabin
- Toiletries
- Water Bottle
- Personal Medications (please speak to RKY staff upon arrival if refrigeration of medication is required)
- Flashlight and extra batteries
- Camera (optional – but recommended to document the good times!)
- Books, board games, cards, etc.

Optional but welcome

- Yoga mat, exercise gear
- Women's Weekend is BYOB for guests 19 and older (Refrigeration not provided but ice is available)
- Personal Life Jackets (RKY has life jackets but cannot guarantee a perfect fit for all)
- Bikes/helmets
- Stand-up paddle boards/personal kayaks/water toys

****RKY Camp is not responsible for any lost or damaged personal property you bring****