



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT TO PACK YMCA OF THE ROCKIES

Below is a list of suggested items to pack for your experience at the Y. Remember to pack lightly; dorm rooms are small and you may have up to three (3) roommates.

What you should bring:

- **Clothing:** Please also refer to the Dress Code section of the Seasonal Staff and Volunteer Handbook and your Work Agreement/Job Description for additional information.
 - **All Seasons:** pants/blue jeans, sweatshirts/sweaters, jacket or parka, t-shirts, swimsuit & swimming towel, as well as some nice clothes for special occasions
 - **Winter Season (October-May)** heavy coat, scarf, gloves, boots, and a hat for cold weather/snow.
- **Work Pants & Shoes** (depending on your position)
- **Rain Gear:** no umbrellas due to lightning
- **Good Walking Shoes and/or Hiking Boots**
- **Sunscreen & Insect Repellent**
- **Toiletries** (soap, shampoo/conditioner, toothbrush/toothpaste, hairbrush)
- **Shower Sandals**(some buildings have communal showers)
- **Shower Caddy**
- **Sporting Gear** (appropriate to the season)
- **International Staff**
 - Adapters for electronics – American outlets are different from other countries and adapters are not sold near our facility
 - Cultural Items – bring items that represent your home country for cultural events

What you might want to bring:

- **Flashlight/Headlamp**
- **Daypack/Backpack**
- **Speaker: No Large Stereo Systems, Please!**
- **Quarters, Laundry Basket, Detergent, etc.**
- **Laptop Computer** (we have wireless internet available in most of our buildings)
- **Musical Instrument** (if you play one)

If you have any questions, please email epchr@ymcarockies.org