



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RELAX & RENEW

**WOMEN'S WELLNESS WEEKEND**

**CAMP ORKILA – SPRING 2023**



## WELCOME TO YOUR WOMEN'S WELLNESS RETREAT AT CAMP ORKILA

Dear Families,

Thank you for choosing Women's Wellness program at YMCA Camp Orkila this Spring.

We hope you take this unique opportunity to explore a beautiful place, strengthen connections, develop skills and passions, and create confidence and memories together.

Built on the Y's values of caring, honesty, respect and responsibility and our commitment to equity and justice, at the Y we encourage learning and growing in a supportive environment.

You will be guided through this experience by our talented team of staff, who come from a wide variety of backgrounds and experiences, and take pride in helping people explore, reflect, and grow.

The contents of this packet explain in greater detail arrival information, accommodations and meals, program offerings and health and safety information. For additional information, please visit our website at [www.camporkila.org](http://www.camporkila.org), send us an email at [campinfo@seattleyymca.org](mailto:campinfo@seattleyymca.org) or give us a call at 206.382.5009.

In gratitude and community,

Dave Affolter

Executive Director



## ARRIVAL & DEPARTURE

### BEFORE YOU ARRIVE

Please fill out and return meal and health and safety forms. These can be found in your UltraCamp account.

### CHECK-IN & CHECK-OUT

For the safety of all, arrival times begin at 4:30pm. We are unable to accommodate early arrivals. Check-out time is 11:00am. Additional check-in information will be sent out in advance of your arrival.

### CAMP TRANSPORTATION

Camp will be providing a FREE shuttle from the Orcas Ferry Landing to Camp. You must sign up in advance through your registration.

Please walk on the ferry departing Anacortes for Orcas on the last afternoon or first evening departure. The shuttle bus and luggage truck will be at the top of the ramp, in the 3 minute parking zone. Shuttles will be available for departure on Sunday for the last morning and first afternoon ferries.

### DRIVING TO CAMP

If you choose to drive to camp, you will need to make a vehicle reservation via the WSDOT website, and follow their instructions for arrival to the Anacortes Ferry Landing. Please note that there are only 40 parking spots at Camp Orkila.

**\*NOTE: With limited service, please check sailing schedules before planning your trip. Please see the WSDOT website for more information.**



## ALTERNATIVE TRANSPORTATION

If you plan to arrive via plane or walking on a ferry other than the last afternoon or first evening departure, you will need to coordinate transport from these locations to Camp, please call one of the taxi services on the island in advance of your arrival for best results:

New Orcas Taxi Tours – 360 298 1639  
Orcas Island Scenic Shuttle – 360 298 8414  
Orcas Island Taxi Service – 360 376 8294  
San Juan Transit & Shuttle – 360 378 8887

If you would like to arrive by personal boat or plane, please contact Katie O'Rourke at [korourke@seattlemca.org](mailto:korourke@seattlemca.org) to discuss your plans. Boats may not be tied up to the Orkila dock overnight, but a limited number of mooring buoys are available in the bay. Boaters must have their own tender to go from their boat at anchor to shore, and they should be aware that Orkila Bay can be rough in any season.

## ACCOMMODATIONS & MEALS

Main Camp cabins are off grid, rustic, and are located on the beach or nestled among the trees. Fully enclosed, these have bunk beds for 12 guests and cubbies to store your belongings. **Participants provide their own linens. Bathroom facilities with showers are a short walk away. Most cabins do not have electricity**, if you require electricity for medical reasons, please inquire about availability during registration.



Typical Main Camp Cabin Interior



Main Camp Bathrooms & Showerhouses

## NUT-FREE CAMP

Due to the prevalence of nut allergies, we strive to make camp a nut-free zone. Please do not bring nut products or anything containing nut oil to camp. Thank you!

## MEALS

The first meal we provide is dinner on Friday. Please note if you arrive on the ferry that departs at 6:30pm you will not arrive in time for dinner. The last meal we provide is a picnic lunch to take with you on Sunday\*.

Meals will be served from the lodge, dining will be at picnic tables outside the lodge (weather permitting) or inside the lodge in accordance with federal, state, and local guidance

### Meal Times:

- Breakfast 8:00AM – 8:45AM
- Lunch 12:30PM – 1:15PM
- Dinner 6:15PM – 7:00PM

## SPECIAL DIETARY NEEDS

Our dining services staff work hard to provide well-balanced, healthy meals for your stay. Vegetarian options, including alternate milks are available at every meal.

If you have any additional dietary needs or allergies, please be sure to mark them in your registration information. You can also feel free to reach out to Celia Neser, our Food Services Manager, at [cneser@seattlemca.org](mailto:cneser@seattlemca.org).

If food is in your cabin, please be sure it is kept in sealed containers like coolers or Rubbermaid-like bins to reduce the risk of inviting critters in to your cabin.

## CAMP ACTIVITIES

We will be offering a variety of activities, based on the skills of our instructor team, as always there will be drop in crafting tables. Past classes have included cooking, yoga, body scrubs, and so much more.

Waterfront activities, such as kayaking will not be available due to staffing shortages. We apologize for the inconvenience

We encourage guests to explore over 300 acres of Camp, including our beachfront and forests. There are Camp Scavenger Hunts available in the Lodge.



## ACTIVITIES WITH ADDITIONAL FEES

Massages are the only activity with extra associated fees.

Massages may be available if practitioners have availability AND feel comfortable with practicing at the time of the event. Sign-ups will be available on the first evening.

**REMEMBER:** Practitioners accept cash or checks only. Prices vary based on what treatment to sign-up for.



## PACKING SUGGESTIONS

### EVERYONE SHOULD BRING:

- Warm clothes (it will be cool in the evenings)
- Warm jacket, hat and gloves
- Rain gear
- Toiletries
- Sunscreen
- Sturdy, comfortable, closed-toe shoes
- Long pants
- Flashlight or head lamp
- Water bottle
- Towel & washcloth
- Pillow
- Sleeping bag/sheets for twin-sized beds

### OPTIONAL ITEMS:

- Camera
- Musical instruments
- Good book
- Board Games or Deck of Cards
- Clothes that can get wet

Rain or shine, we will have fun in the outdoors. Please come prepared for the weather



## **YMCA CAMP POLICIES**

### **HEALTH & SAFETY**

If anyone in your family is experiencing COVID-like symptoms (fever, persistent cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, sore throat or new loss of taste or smell) please do not come to camp. Please call to let us know and we can look at rescheduling you or issuing a credit or refund. Participants are required to notify Y staff immediately if any COVID-like symptoms present in any family members during your stay.

Thank you for helping keep Camp Orkila a safe and enjoyable experience for everyone!

### **CAMP STAFF**

Camp Orkila staff are CPR and First Aid certified and equipped with basic first aid supplies. They will assist with minor medical problems (bug bites, minor cuts, etc.). Participants are responsible for any emergency transportation.

For your safety, activity areas such as the waterfront, archery range, climbing tower, and obstacle course are open only when supervised by Camp staff. Additionally, firearms, knives, weapons of any kind, and fireworks are prohibited on Camp property.

### **PETS**

No pets are allowed. Trained service animals are allowed at our camps, please let us know if a service animal will accompany you.

### **PERSONAL PROPERTY**

Camp Orkila is not responsible for personal property, personal sports equipment, or vehicles.

### **CABIN UPKEEP**

Participants are responsible for tidying their cabins and other areas before departing. Staff will clean and disinfect cabins between all guests. Any additional cleaning required, damage or graffiti, will result in additional fees.

### **DRUGS & ALCOHOL**

Drugs and Alcoholic beverages may not be brought into or consumed on camp property. Thank you for helping to keep YMCA Camp Orkila drug- and alcohol-free. There is \$500.00 fine for having these substances at Camp Orkila.

### **VEHICLES**

Participants may not drive beyond the Camp parking lots unless pre-arranged. Vehicles should remain on roadways, proceed slowly, and not block emergency access.

### **ENVIRONMENT**

Live plants, animals and sea life are an important part of the Camp environment and should not be collected or damaged in any way.

### **CAMP RULE ENFORCEMENT**

Camp Orkila staff have the authority to enforce all Camp rules. Participants refusing to follow Camp rules will be asked to leave without refund of program fees.

### **INSURANCE**

It is the participant's responsibility to provide his or her own accident and health insurance. The YMCA does not provide any such coverage for participants.

**Thank you for helping keep Camp Orkila a safe and enjoyable experience for everyone!**

## CONTACT US!

### YMCA CAMPING & OUTDOOR LEADERSHIP OFFICE

909 Fourth Avenue  
Seattle, WA 98104

**P:** 206 382 5009

**F:** 206 382 4920

[campinfo@seattleyymca.org](mailto:campinfo@seattleyymca.org)

### YMCA CAMP ORKILA

484 Camp Orkila Road  
Eastsound, WA 98245  
360.376.2678

### EMERGENCY CELL PHONE

360 317 6852

For emergencies only, please! This phone is carried by the Director-on-Duty. If you do not get an answer, please leave a detailed message with your name and number. The Director-on-Duty will get back to you as soon as possible.

### WA STATE FERRIES

1 800 84 FERRY

[www.wsdot.wa.gov/ferries](http://www.wsdot.wa.gov/ferries)

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## DRIVING DIRECTIONS TO CAMP

- Take I-5 **North to Exit 230**, which is North of Mt. Vernon. The exit will say Burlington, Anacortes, San Juan Ferry.
- Turn **left** at the end of the exit onto **Highway 20**.
- Drive west about 20 miles to Anacortes.
- Follow the signs in Anacortes to the San Juan Ferry.
- When you purchase your ticket at the ferry landing, indicate your destination as Orcas Island. The Anacortes ferry landing is about 90 minutes from Seattle. The ferry ride from Anacortes to Orcas is about 45-80 minutes, depending on the number of stops at other islands.
- When you arrive at Orcas and depart the ferry, turn **left** and stay on the main road (Horseshoe Highway), following the signs to Eastsound for about 10 miles. The road takes a few 90-degree turns along the way — do not be alarmed.
- At Eastsound, the road you are following becomes Lover's Lane. Stay **straight on Lover's Lane**, going toward the airport. Do NOT turn right into town. (If you come to a stop sign, you have gone the wrong way.)
- Just before the airport, the road curves to the right. Do not curve to the right! Instead, turn **left onto Mt. Baker Road**.
- Proceed up the hill about 1 mile.
- Camp Orkila will be on the left, at the end of Mt. Baker Road.
- Drive into camp and follow the signs to the parking lot.
- Welcome!

**\*\*IT IS STRONGLY ENCOURAGED THAT YOU MAKE A RESERVATION IF YOU PLAN TO DRIVE ONTO THE FERRY. PLEASE CHECK SAILING SCHEDULES BEFORE TRAVELING, AS REDUCED SCHEDULES ARE IN EFFECT.**

**Everyone is welcome.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**