

# Rainbow Families DC Camping Weekend 2023



## **Managing expectations is the key to enriching your experience.**

This is camping at a YMCA. Accommodations are basic, most have bunk beds, you bring your own linens, towels, etc. Most parents find value in having their kids (and themselves) **unplug** for a weekend, experience nature, and connect with other families like theirs in this wonderful environment. Cell service is spotty at best. There are landlines for emergencies

**What do I need to bring?** Please see the suggested Checklist below.

**Do I have to bring food?** Meals are provided as noted. However, bringing snacks and beverages (both for parents' midnight munchies and for your kids) is *strongly suggested*. There is a full-time kitchen team who make meals for us. Healthier options (vegetarian items, salads, fruit) are always available, and they can usually accommodate many special dietary needs *with advance notice*. Again, manage food expectations - this is camping.

Bring food items/beverages for any family members' medical conditions, allergies (or palates).

## **What are the cabins like?**

Cabins are rustic. The YMCA teams do a great job cleaning and preparing for our arrival, but this is camping at a campground. You will likely see a bug/critter or two, some wildlife; keep any food/drinks in your cabins securely closed. Almost all beds are twin bunk beds; most cabins have bathrooms (except Rustic Lodge and tent categories). We recommend a sleeping pad or sleeping bag to help make the bunk bed a bit more comfortable. All cabins have electricity, and all but Rustic Lodge (and tents) have heat.

## **Are there bathroom facilities for tent campers and Rustic Lodge campers?**

There are bathroom buildings ("Bath Houses") with restrooms and showers open 24/7 for those who are in the tent camping or the Rustic Lodge category.

**Non-binary restrooms?** There will be at least one restroom designated as all-gender.

**Does the camp accommodate persons with disabilities?** Yes. However, there are dirt roads, pathways, etc. to navigate. Please contact the Camp Directly and speak with one of the office staff.

### **So...the drive over the Chesapeake Bay Bridge on Labor Day weekend?**

Yep. Organize your favorite playlist (or mixed tape if you're going old school), and time the kiddos' naps accordingly. One great benefit, we drive out early Saturday morning, back Monday morning - last year this significantly reduced the drive time on the bridge (vs. driving out Friday night, back Sunday).

### **Can grown-ups have fun?**

Yes! This is a great opportunity to meet other LGBTQ+ parents/families. Joining in the activities, sitting by the pool, taking a nature walk, going on boat rides, the rope course, archery, gathering for coffee on the front porch of the dining hall, mealtimes - all provide great moments to have fun and connect. Many of our campers have made lifelong friends here.

**Weather** All activities are subject to weather conditions and other safety measures as dictated by the staff at YMCA Camp Tockwogh. There are no refunds if an event or activity is canceled, this is a rain or shine event. In the event of rain, every effort will be made to provide alternate activities like movie night, puzzles, story times, etc. We'll make it work!

### **Suggested Per Person Packing List**

- Extra snacks and beverages, or food for special dietary needs
- Closed toe sneakers or hiking boots (required for activities)
- **Bed Sheets, blanket, pillow**
- **Bath towels and wash cloths**
- Beach towel
- Pajamas
- Enough T-Shirts/Shorts to have backups in case they get dirty or wet
- Long Pants/J Jeans
- Underwear and socks
- Electric or battery fan(s) and/or heaters for Rustic Cabin and tents – it can get chilly at night
- Bathing suit
- Small backpack
- Heavy sweater or jacket
- **Medications, RX and OTC**
- **Sweatshirt Hand sanitizer and sanitizing wipes**
- Raincoat/poncho
- Face masks if desired (will provide updates if/as needed)
- Water shoes/sandals (We have a rocky shoreline)
- Hangars
- Sunscreen
- Water bottle (Labeled)
- Sunglasses
- Hat with visor
- Comb, brush, **soap**, shampoo, toothbrush and toothpaste
- **Flashlights for every person**
- Insect repellent (non-aerosol)
- **Mattress pad – twin. Sleeping bag for added comfort**
- Books for leisure reading
- Indoor games for kids in case of rain, as well as for quiet time
- Extension cord/power strip