



**Point Bonita YMCA: A Center for Wellness in Nature**  
**Overnight Conference Participant Information**  
*(Please copy and distribute to all participants)*

**Welcome to the Point Bonita YMCA!** We look forward to your upcoming visit with us. This sheet provides information to help prepare for your stay with us.



**Location:** Point Bonita YMCA, a branch of the YMCA of San Francisco, is located in the Marin Headlands section of the Golden Gate National Recreation Area (GGNRA). We are on bluffs overlooking the Pacific Ocean and San Francisco, 15 minutes from the Golden Gate Bridge, adjacent to the Point Bonita Lighthouse. *For GPS directions it is best to use the Point Bonita Lighthouse as the destination. You will pass the YMCA on the right just before the lighthouse.*

**Getting here:** Traffic can be heavy in the park and parking is limited, especially on the weekends. We strongly recommend that groups carpool and minimize the number of vehicles entering the park. It is important to note that we do not have a parking lot large enough to accommodate everyone. *Driving Directions are on our website at [www.ymcasf.org/ptbonita](http://www.ymcasf.org/ptbonita) Again, if you plan to use a GPS we recommend entering the Point Bonita Lighthouse as your destination.*

**Program Organizing:** All preparations for your group’s visit have been made through a trip coordinator for your organization and our Reservations Coordinator. Please make sure any questions, concerns, and special requests are shared with your trip coordinator.



**Food:** All meals will be provided during regular dining hall hours in a buffet-style with generous portions. Breakfast is served at 8:00 am, lunch at 12:00 pm and dinner at 6:00 pm. Please be on time for meals as the dining hall closes 1 hour after the start of meal time. Coffee and tea is available outside the dining hall from 7:00 am to 9:00 pm each day for Residential Guests only. All guests are allowed to use the microwave located in the Coffee Nook or in their assigned meeting room(s). Our menus are designed to accommodate a variety of dietary needs and food preferences (vegetarian, vegan, dairy-free, etc.). Please communicate any dietary restrictions or food allergies directly to your trip coordinator. We may not be able to accommodate last minute food requests.

**Emergency Information:** YMCA staff will be available at all times to assist during an emergency. Group leaders will be provided information on how to get assistance, even during the night. National Park emergency services—including Park Police, fire-fighters, and EMTs will respond promptly during an emergency.

**Communications:** Dorm and meeting rooms do not have land-line phones. Most cellular phones have some coverage, although not in all locations. Our first aid room has a payphone.

*Important phone numbers:*

YMCA main office (M-F, 9 am – 5 pm):	415-331-9622
First Aid Room Payphone:	415-332-9728

**What to pack:** Be prepared for all types of weather in the Headlands as weather is very unpredictable on the coast. It can be cold, foggy, windy, raining or warm. Layering is the best way to be prepared for the changing temperatures. The following is a suggested list of items to bring to the YMCA. Remember that the Point Bonita YMCA is a great place to wear old, comfortable clothes.

**Suggested Items:**

Warm sleeping bag or bedding	Change(s) of clothes	Sweatshirt/Warm Jacket
Pillow w/pillow case	2 pairs of good shoes	Rain gear or Poncho
Gloves	Extra socks!	Warm Hat & Shade Hat
Pajamas/Sweats	Undergarments	Shower Shoes/Flip flops
Long pants or jeans	Long sleeve shirt	Towel & Wash-cloth
Toothbrush/Toothpaste	Soap	Shampoo/Conditioner
Sunscreen (#15 or higher)	Lip Balm	Comb/Brush
Sunglasses	Flashlight or Headlamp	Camera
Day Pack	Water Bottle or canteen	Padlock
Book, journal, reading material	Laundry soap & Quarters	Slippers
Earplugs	Alarm Clock	

*Please mark all of your belongings with your name. Lost and found items will be held for 1 month, after which they will be donated to charity. Arrangements can be made for pick up of lost & found items by calling the main office.*

Personal items such as toiletries are not available for sale. Such items can be purchased in Sausalito, approximately 15 minutes away by car. Mid-size lockers can be provided in residence halls but please bring your own padlock.

The YMCA assumes no responsibility for loss of or damage to personal property. Please do not bring unnecessary items of value.

*Alcoholic beverages, illegal substances, fireworks, pets, and weapons (of any kind) are not allowed on the premises.*

**Alcohol & Smoking:** Smoking on campus is strictly prohibited. You may smoke off campus, but please deposit butts in appropriate containers and not on the ground. If your group has been allowed alcohol on campus, only beer & wine are allowed; hard liquor is not allowed anywhere on campus.

**Lodging:** If your group does not have Exclusive Residential Use, you should expect other conference groups to be sharing the dorms with your group. You must stay within your assigned rooms. Dorm rooms are not appropriate to use as breakout meeting space. *Please refrain from keeping food in dorm rooms.*

Residence Hall security keypad info will be provided by your group leader once everyone arrives on campus. Guests must checkout of their dorm rooms by 9 am on weekdays and 11 am on weekends. Be sure to bring your own bedding, towels and toiletries. Linen service (bedding and towels) is available for an additional fee and must be reserved in advance.

Common areas include: Residence Halls, Dining Hall, bathrooms, outside recreation areas (picnics areas, sports court), and the campfire amphitheater. In the spirit of Community Living, we ask all guests to be respectful of each other when using the common areas.

Quiet hours are 10:00 pm to 7:00 am. Please refrain from noisy outdoor activities during this time and until after breakfast each day.

If your group's stay coincides with the visit of a school participating in Point Bonita YMCA's Residential Outdoor Education Program, ALL adults must shower before 7 am and after 10 pm. For shower times during quiet hours, please keep noise to a minimum. *Your group leader will inform you if this applies to your group's visit.*

Dorm rooms are guaranteed to be ready at your scheduled arrival time. Please do not expect to move baggage/luggage into dorm rooms until this time. If you arrive on campus before your group's scheduled arrival time, you will be asked to wait in the main parking lot.



**Wireless Internet:** We suggest using your time with us as a chance to unplug and unwind. We believe that is truly the best way to experience everything we have to offer. *However, Wi-Fi is available in all of our buildings. Please ask your group host for login instructions and password information.*

**On-Site staff support:** Your Conference Host will greet you in your main conference room upon arrival. Expect a 5 minute orientation from the Conference Host for your entire group within 30 minutes of your main group's arrival. At least one Conference Host will be on campus the first day of your visit through your first meal.

YMCA staff is in the office 9 am to 5 pm Monday through Friday. On-Duty Staff is available after hours. *Please communicate any additional group needs, questions or concerns to your conference host during your orientation on arrival day.*



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**Safety & Emergency Information:** First Aid Supplies are located in the Dining Hall and in the First Aid Room. *The basketball court is the evacuation point for fires and earthquakes.* National Park Service emergency personnel are available and on patrol 24/7, and can be reached by calling 415-561-5656. We suggest you bring at least one group member with current certifications in CPR and First Aid. Groups are encouraged to bring their own additional supplies,

including medications. *Your group is expected to follow all National Park rules.* Open flames, candles and incense are not permitted, unless for spiritual purposes with advanced permission from the Point Bonita YMCA. Do not hike alone, and stay on designated trails. Avoid swimming as currents are unpredictable. *Do not approach, touch or feed wild animals.*

**History:** Once an Army barracks, Point Bonita has been transformed into an Outdoor Education Center. In 1976 the YMCA of San Francisco entered into a cooperative agreement with the National Park Service, and the YMCA now hosts more than 10,000 people each year, close to 75 percent of who are youth and teens.

Our programs depend upon the support of the community. Donations of time, materials, services, and money ensure the longevity of the Point Bonita YMCA. The Point Bonita YMCA is a certified Green Business.

**Additional Information:** We ask that everyone help keep our community clean by depositing trash and recyclables in appropriate containers, cleaning up after yourself during meals, and straightening up your dormitory room on the last day of your visit. As visitors to a National Park, take the opportunity to explore the beauty and resources that are available. Littering and removal or destruction of any Park resource is prohibited. Pets are not allowed (except for official service companions). Additional fees will accrue in the case of damage to our property. *Driving Directions are on our website at [www.ymcasf.org/ptbonita](http://www.ymcasf.org/ptbonita).*

### **Let's get social!**

Find us, tag us, follow us

Twitter: [@pointbonitaymca](https://twitter.com/pointbonitaymca) Instagram: [@ymcasf](https://www.instagram.com/ymcasf)

Facebook: [pointbonitaymca](https://www.facebook.com/pointbonitaymca)