



**YMCA
OF THE
ROCKIES**

What To Pack

Below is a suggested packing list for your experience at the Y. Please pack lightly. Dorm rooms are small, and you may have up to three roommates.

What to bring:

Clothing for all seasons:

- Pants or jeans
- Sweatshirts or sweaters
- Jacket or parka
- T-shirts
- Swimsuit and swimming towel
- Nice clothes for special occasions

Winter season clothing (October through May):

- Heavy coat
- Scarf, gloves, winter hat
- Snow boots
- Ice cleats such as Yaktrax

Work-related clothing

- Work pants and tennis shoes
- Refer to the Dress Code section of the Seasonal Staff and Volunteer Handbook and your Work Agreement or Job Description for details

Additional essentials

- Rain gear
- Comfortable walking shoes or hiking boots
- Sunglasses, sunscreen, and insect repellent
- Toiletries including soap, shampoo, toothbrush, toothpaste, and hairbrush
- Shower caddy, shower sandals recommended for communal showers

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International staff:

- Electrical adapters for electronics
- Cultural items representing your home country for cultural events

Helpful to have:

- Flashlight or headlamp
- Daypack or backpack and a water bottle
- Laundry basket or laundry bag, detergent, and dryer sheets
- Laptop, tablet, and chargers. Wireless internet is available in most buildings
- Musical instrument if you play one
- Bedding- Sheets and blankets are provided, but you may bring your own.
- Pillow- One is provided, but many staff bring an extra
- Towels are provided, but you may bring your own
- Medications for your stay or a plan to refill prescriptions through Safeway or City Market Pharmacy
- Extension cord
- Personal transportation such as a car or bike

Note

The surrounding area includes Dollar General, City Market, and Safeway grocery stores if you prefer to purchase items after arrival.

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