

*YMCA Point Bonita Outdoor & Conference Center,  
A Branch of the YMCA of San Francisco*

## THINGS TO KNOW FOR VISITING GROUPS

*(Please copy and distribute)*

**LOCATION:** YMCA Point Bonita Outdoor & Conference Center 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.

**FOOD/SNACKS:** Meals will be provided during regular dining hall hours only. Coffee and tea is available outside the dining hall from 7:00 am to 9:00 pm each day. Vending machines for drinks and snacks are available in the entryway of the Farallon residence building.

**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—are less than a mile away, and will respond promptly during an emergency.

**COMMUNICATIONS:** Guests will not be immediately available by land-line phones into individual rooms. Most cellular phones have some coverage, although not in all locations. Important phone numbers:

YMCA main office (M-F, 9 am – 5 pm):	(415) 331-9622
Golden Gate Hall:	(415) 332-9728
Farallon Hall:	(415) 332-9743

**SUGGESTED ITEMS TO BRING:**

(Weather is very unpredictable.)

Sleeping Bag/Linens	Change(s) of Clothes	Warm Jacket
Pillow w/pillow case	2 pairs of shoes	Raincoat
Pajamas/Sweats	Extra socks!	Hat/Gloves
Towel & Wash-cloth	Toiletries	Soap/Shampoo
Sunscreen (#15 or higher)	Sunglasses	Flashlight
Day Pack	Water Bottle	Camera
Shower Shoes		

Personal items such as toiletries are not available for sale on site. Purchase of such items can be done in Sausalito, approximately 15 minutes away by car.

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.

**FURTHER IMPORTANT INFORMATION:**

- 1) We ask that everyone help keep the community 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.
- 2) Please remember that you are sharing the YMCA with others. Respect the quiet hours of 10:00 pm to 7:00 am, and refrain from noisy activities until after breakfast.
- 3) 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.



YMCA

We build strong kids,  
strong families, strong communities.