



WHAT TO BRING

Congratulations on being accepted to the Rotary Youth Leadership Academy! Now that you've earned a spot, you're most likely concerned about packing (most people usually are). Don't worry! As long as you have the following, you'll be covered. And if you still have questions, please don't hesitate to contact us at: ryla7080@gmail.com.

Please note that we'll be there for three nights and four days, not a year! In other words, it may not be worth bringing multiple suitcases. Enjoy the opportunity to be dressed down! Note also that the Ecology Retreat Centre is just that – a retreat in the country, with little access to the outside (even cell phones are not dependable) with a relaxing atmosphere and very healthy food. Special diets will be accommodated.

Be prepared for “rustic setting”. You will share accommodation in a lodge or bunkhouse. Linens are provided but sleeping bags are good to bring if it gets too cool. Other things to bring include:

Clothing

- T-shirts and long-sleeved shirts
- Shorts/ long pants / sweats / a combination of
- Undergarments
- Socks (pack a thick pair to walk in through the lounge/meeting rooms)
- Rain jacket (it may be wet and muddy on some days)
- Sweater / thick jacket (it's cool in the mornings)
- Extra pair of shoes
- Slippers (in case you want to wear them in the shower)
- Gym wear, e.g., running shoes, athletic shorts **(mandatory!)**
- One dress y/ semi-formal attire for a special Rotary Dinner **(mandatory!)**

Please note: You will be given a RYLA t-shirt when you arrive. We ask that you wear the t-shirt on the first day until dinner and again on the last morning. A different t-shirt will be given to you that is to be worn on Friday morning during a physical activity.

Miscellaneous

- Toiletries (e.g. toothpaste, toothbrush, shampoo, soap, hairbrush/ comb etc.)
- Sunscreen
- Insect repellent (if you happen to be an insect magnet)
- Large towel

- Flashlight and alarm clock (if you do not use your phone)
- Medications in identifiable containers (or packaging with prescriptions attached)
- Health card
- Musical instrument / board games for leisure time
- Water bottle and / or travel mug

GENERAL RECOMMENDATIONS:

- Pens and binders will be provided
- Please mark your personal belongings so that they can be returned to you if lost
- Please do not bring food (there will be plenty of snacks on top of meals) unless you have discussed with camp leaders prior to the retreat
- Carpool if possible since there is limited parking