

RYPEN 2025 GEAR LIST

To bring Positive Attitude!++

Sleeping

Sleeping bag + Pillow + Pillow case + fitted sheets + extra blanket

Bathroom

2 x towels + soap + shampoo + toothpaste + toothbrush + comb

Clothing

- Sun hat or cap
- Extra towel for morning exercise or yoga mat
- 2 x t-shirts plus long sleeve shirt
- Warm jersey + trackpants
- Socks (1 pair per day + 1 spare)
- Underwear (1 pair per day + 1 spare)
- Nightwear (modest)
- Swimming togs
- Waterproof rain coat (not just shower proof)
- Suitable shoes for walking/running/climbing
- Light style sandals able to get wet
- One set of semi-formal clothes for evening wear (Saturday dinner)

Sundries

- Torch plus spare batteries
- Plastic bag for wet/dirty gear
- Plastic water bottle (no sharing)
- Pen & paper
- **Medication (make sure this is clearly labelled with instructions & named)**

Optional

- Camera
- Any musical instrument or some other equipment for the Saturday skit (equipment will be locked away by the organisers when not in use)

Note

No radios, ipods (or similar), electronic games, food, drinks or sweets (chewing gum is banned) knives or any sharp objects of any sort.

This is a **technology free weekend**. You will be asked to surrender all digital & smart devices (mobile phones, tablets, laptops) at registration.

All gear must be **labelled & marked** as YOU are responsible for your own gear. The organisers accept no responsibility for lost or damaged clothing or equipment.