## COMPULSORY EQUIPMENT LIST

## Please ensure all items are clearly NAMED. The RYLA 2021 Committee or Lakeland Park Camp accept no responsibility for any loss or damage that may occur while you are on the course.

## **General use throughout the week:**

## Pillow and sleeping bag

## Single fitted sheet

## 2 Towels

## Personal toiletries

## A small personal first aid kit with pain relief and plasters

## Any personal medication can be put in a separate plastic bag (the Camp Nurse can look after these for you or help refrigerate if required)

## Swimming togs and beach towel

## Casual comfortable clothing for 6 days

## Sports clothing for daily exercise (may get wet or dirty)

## Casual footwear for day to day, walking and sporting use

## Formal / semi-formal wear for one social evening (Award Gala Dinner Event)

## Sunhat and Sunscreen

## Camera if you wish

## Musical Instruments if you wish

## Photo ID

## Laptop and mobile phone optional

**Please also Bring**: Non-perishable food item/s (can or packet) for a charity grocery hamper 😊

## **DO NOT BRING:**

## Anything Valuable

## Alcohol or Drugs

## **Extra Outdoor Equipment:**

## Waterproof Jacket (over pants optional)

## Polar Fleece over layer

## 1 thermal layer

## Beanie and woolen socks (optional)

## Drink Bottle

## Head torch (preferable) or standard torch

District 9980