

Please ensure all items are clearly named. The Christchurch RYLA Committee or the venue staff accept no responsibility for any loss or damage that may occur while you are on the course.

**It is recommended you bring:**

- 2 Shower Towels
- Personal toiletries
- A small basic personal first aid kit with pain relief and plasters etc
- Any personal medication can be put in a separate plastic bag. If any medication needs to be refrigerated, this can be arranged.
- Sunhat and sunscreen
- Casual comfortable clothing for 5 days
- Sports clothing for daily exercise
- A Polar Fleece and/or a thermal layer over layer
- Shower-proof jacket, and a Beanie
- Semi-formal wear for a social evening and good shoes
- 2 pairs of casual footwear for day to day including one 'closed toe' walking shoes
- Small day backpack
- Torch
- Camera if you wish
- Musical instruments if you wish
- Games (optional)
- Photo ID
- Laptop (optional)

**DO NOT BRING:**

**Anything Valuable**

**Alcohol or Drugs**