

RYPEN 2024 – GEAR LIST

To bring a positive attitude!

Sleeping

Sleeping Bag, pillow, pillow case and fitted sheets, extra blanket

Bathroom Items

2 x towels, soap, shampoo, toothpaste, toothbrush, brush/comb

Clothing

Sun hat / cap

Extra towel for morning exercise or yoga mat

Shorts

2 x Tee shirt + Long sleeve shirt

A warm jersey.....in case it gets cold

Warm long trousers

Socks (1 pair per day plus 1)

Underwear (1 pair per day plus 1)

Nightwear (modest)

Swimming togs

Waterproof raincoat (not just shower proof)

Suitable track shoes for walking running/climbing

Light style sandals, able to get wet

One set of modest semi-formal clothes for evening wear (Saturday dinner)

Sundries Sunscreen 30+

Insect repellent

Torch plus spare batteries / charger

Plastic bags for wet / dirty gear

Plastic water bottle essential (no sharing)

Personal hand sanitizer if preferred (there will be hand sanitizer provided for everyone)

Personal hand towel if preferred

Medication (make sure this is labelled with instructions)

Camera (optional)

Any musical instruments or some other "device" for the Saturday skit (instruments can 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 of any sort.

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.

This is a **technology free weekend**. You will be asked to surrender all mobile phones, tablets or laptops at registration.

Updated 31Dec2022