



EQUIPMENT LIST

Please ensure all items are clearly NAMED. The RYLA Committee or Lakeland Park Camp do not 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 or duvet cover
- Single fitted sheet
- 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 (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: 3-5 non-perishable, in date, food items for a charity grocery hamper 😊

DO NOT BRING:

Anything Valuable

Alcohol or Drugs

Extra Outdoor Equipment:

- Waterproof Jacket (over pants are optional)
- Polar Fleece over layer
- 1 thermal layer
- Beanie and woolen socks (optional)
- Small day back-pack. Drink Bottle
- Head torch (preferable) or standard torch