

RYPEN 2022

WINTER GEAR LIST

TO BRING:

A Positive Attitude! Plus + Plus

Sleeping

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

Bathroom Items

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

Clothing

Woollen hat / cap

Extra towel for morning exercise or yoga mat

Shorts

Long tights

2 x Tee shirt plus long sleeve shirt

Warm jersey

Warm long trousers

Socks (1 pair per day plus 1)

Underwear (1 pair per day plus 1)

Nightwear (modest)

Waterproof raincoat (not just shower proof)

Suitable track shoes for walking / running / climbing

Light style sandals, able to get wet

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

Sundries

Sunscreen 15+

Insect repellent

Torch plus spare batteries / charger

Plastic bags for wet / dirty gear

Plastic water bottle essential (no sharing)

Pen and paper

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 or any sharp objects 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 1 May 2022