

# **RYPEN 2023 – GEAR LIST**

**To bring 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 plus 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 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) 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 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