



RYPEN Kit List

General Clothes

Bring clothes you don't mind getting wet and muddy, at least three full sets of clothes, ideally a change for each day. This should include:

- Lots of t-shirts, ideally at least one that's not cotton.
- 3 long-sleeve tops - fleece is best, or wool, acrylic or polycotton.
- 3 pairs of long trousers, i.e. tracksuit, fleece or polycotton. Jeans are not suitable for outdoor activities as they are cold, heavy and restrictive when wet.
- A pair of indoor shoes / slippers (in addition to outdoor footwear)
- Several pairs of everyday socks and underwear.
- Toiletries (please don't bring aerosols as these can set off our fire alarm)
- 2 Towels
- Personal medication (e.g. asthma inhalers, hay-fever tablets etc.)

Outdoor Clothing

- Waterproof jacket with integral hood. *
- Waterproof trousers. *
- Warm hat, scarf and gloves. *
- Wellingtons. *
- Walking boots with ankle support and good tread. *
- Additional two pairs of thick walking socks (football socks or thicker)
- Extra pair of old trainers - essential for water sports. *
- Small day rucksack in addition to the expedition one. *

Expedition Gear

- Sleeping bag (compressible, 3 season is recommended) **
- Sleeping mat. **
- Large Rucksack (60 litres minimum ideally) **
- Small torch and spare batteries.
- Plastic plate & cup. *
- Spoon or "spork"
- Cold drinks bottle (minimum 1 litre, ideally two) *
- Lunchbox.
- Any other specialist gear that you may wish to use (cooker, tent, bivi-bag etc.) rather than the Centre's equipment.

Optional Items

- Sun cream, sun hat and lip salve.
- Insect repellent.
- Thermos Flask
- Camera
- The Centre has a tuck shop, but otherwise little money is necessary over the week.

* Items which may be borrowed from the Centre. Contact 0845 330 7364.

** Items which may be borrowed from the Centre but please phone to let us know beforehand
We suggest valuables and electronic equipment are left at home.