



Rotary Youth Leadership Awards in District 1100

KIT LIST (G)

During your RYLA course, some of the activities will take place outdoors. None are particularly strenuous and all essential equipment will be provided. For your enjoyment and comfort, Grass Routes and the Dean Field Studies Centre have suggested that you should bring the following:-

- Three (3) sets of loose fitting clothes – not jeans
- Five (5) pairs of walking socks / five pairs of standard socks
- Personal wash kit, towels, soap and toiletries.
- Day sack
- Pair of trainers (dry use)
- Pair of trainers (wet use)
- Pair of walking boots or stout walking shoes or Wellington Boots
- Flip Flops – or similar for use to/from shower
- Sweater
- Warm hat & gloves
- Drinks bottle
- Set of casual clothes for visits and evenings
- Swim wear (not bikinis)
- Waterproofs (these will be supplied if you do not have your own)
- Pyjamas / night clothes
- Three (3) bin bags
- Torch
- Medication if prescribed (see below)
- Small amount of pocket money; the opportunity to spend is limited!
- A note book with the pen & paper
- **Please note** – Pillow, duvet, and all necessary bedding will be provided.

You will be issued with a **Rotary District 1100 RYLA** Polo Shirt which has been ordered for you in the S/M/L/EL size you have advised. **This shirt must be worn on all ‘public’ occasions.**

Before the course, listen to the weather forecast for the week of the course, and plan accordingly. You will not be climbing Mount Everest, but expect to get wet and muddy!

If you require any kind of medication, please ensure it is clearly and securely marked with your name. If your medication needs to be kept refrigerated, hand it to the Course Leader upon arrival.

It is not recommended that you bring jewellery with you, nor is it recommended that you bring a mobile ‘phone – reception is non-existent to poor at best! A pay phone is available in the centre. You will need coins. This can prove expensive so bring a supply of 20p 50p & New £1 coins

You may bring a musical instrument (e.g. a guitar, flute or a clarinet) for use in the end of course talent show.

Finally, please bring a copy of your Personal Action Plan