

## COMPULSORY EQUIPMENT LIST

Please ensure all your items are clearly named. RYLA9920 and Willow Park accept no responsibility for any loss or damage that may occur while you are on the course.

Please note there are no washing machines or dryers available at Willow Park

### General use throughout the week:

- Pillow and sleeping bag (**must be suitable for outdoors in winter**)
- 2 towels
- Personal toiletries
- Casual comfortable clothing for six days at Willow Park
- Sports clothing for daily exercise (may get wet or dirty)
- Underclothes for the week
- Casual footwear for day to day wear and sporting use
- Formal/semi-formal / Cocktail wear for one evening (course formal dinner)
- Wristwatch (no smart watches)
- Single sheet for use on dormitory beds under sleeping bag.

### Pack and contents for outdoor activities: Highlighted items have more information on the following page.

- **Tramping pack (large enough to carry all of the following items + food for two days 65L + capacity e.g if in doubt go larger – not smaller).**
- **Sleeping bag (4 x season, comfort rating 2 deg min)**
- **Waterproof raincoat and over trousers (to handle wet tramping conditions, not bulky ski jackets but long enough to cover lower body)**
- **Polar fleece warm top layer.**
- **2 Mid layer warm tops (not wool) to wear over thermal underwear but under Polar fleece top layer.**
- **Thermal underwear (Tops and Bottoms)**
- **Tramping boots (already broken in and comfortably fitting you) not running or trail shoes**
- **Thermal mattress (closed cell foam roll type – NOT self inflating expensive outdoor ones.)**
- Outdoor gloves
- Woollen “beanie” type hat (no acrylic)
- Waterproof pack liner, large yellow type x 2 (not rubbish bags)
- Plastic plate, bowl and mug
- Knife, fork and spoon
- Drink bottles (for walking) 2 x 1.5 litre bottles
- Tea towel
- Head lamp style torch with spare batteries. LED are good.
- Pocket knife (optional)
- 3 pairs woollen socks / wool mix socks
- Casual clothing (incl shorts and/or trousers) and underwear suitable for outdoor activities.
- Personal first aid kit (plasters, painkillers, etc)
- Small pot or billy with lid

IF IN DOUBT ABOUT ANY OF THE ITEMS EMAIL A PHOTO ALONG WITH YOUR NAME AND SPONSORING ROTARY CLUB NAME TO [ryla9920@gmail.com](mailto:ryla9920@gmail.com) FOR CHECKING

### Optional:

- Camera
- Musical instruments are encouraged
- Small amount of cash (Max \$30)

### Do Not Bring:

- Laptops / tablets / smart watches
- Cell phones
- Other valuable items
- Alcohol or drugs

If you do not have any of the recommended equipment, you **MUST** contact your sponsoring Rotary Club who will assist you. Consider hiring essential outdoor items if these are proving a difficult to obtain. We recommend you hire from LIVING SIMPLY. Details are below and you should specifically mention that you will be participating in RYLA to obtain a special hire rate

Living Simply  
 Level 1, 255 Broadway  
 Newmarket  
 Phone 09 524 7957

**Some examples of acceptable gear (Highlighted items).**

**Waterproof rain coat (with hood)** of good length to reach below the base of your pack. Seams to be seam sealed and ideally made from a waterproof breathable material such as Gore-Tex. Heavy PVC is acceptable but not ideal. Lightweight nylon or ski jacket type coats will be rejected.



YES (BEST)	YES (OK)	NO
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**Thermal underwear (Leggings and Top) must be warm if wet (Polyprop, Merino etc) not cotton.**



YES	YES	NO (COTTON)
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**Warm Mid layer tops to be worn over thermal underwear. Med weight polar fleece or Merino.**



YES	YES	YES	NO - COTTON
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Warm Polarfleece top layer.



YES



YES



NO – COTTON

Boots must be Tramping boots with good ankle support, broken in and of correct size.



YES



YES



NO

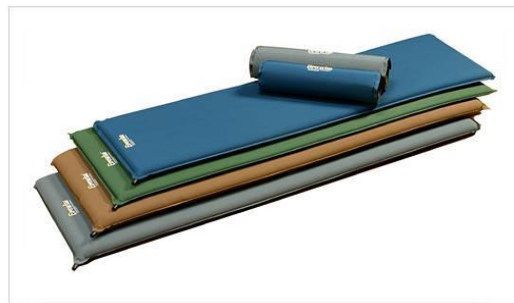


NO

Thermal mattress should be the roll type on the left not the self inflating type on the right.



YES



NO

*RYLA – Information Guide*  
**Tramping Pack 65L Minimum size .**



**YES**



**YES**



**NO – TOO SMALL**

**Sleeping Bag – outdoor use – 4 x season.**



**YES**



**YES**



**NO – TOO LIGHTWEIGHT**