

Suggested Kit List for the RYLA Course

General Clothes

At least three full sets of clothes. This should include warm clothing such as fleeces and garments made of man-made fibres to be worn next to the skin plus T-shirts. Similar materials are best for other clothes as they dry much quicker than cotton for example. Jeans are not very suitable for outdoor activities as they are very cold when wet.

Several pairs of socks and underwear. Toiletries including a towel.

Besides outdoor footwear it is requested that a pair of trainers/shoes be brought specifically for indoor wear at the centre.

Outdoor Clothing

Waterproof jacket; waterproof leggings; Warm hat, scarf and gloves; Wellingtons; Walking boots; Two pairs of thick woollen socks; Extra pair of old trainers - essentially for water sports; **Small day rucksack** in addition to the expedition one.

Expedition Gear

Sleeping bag; Karrimat; **Large rucksack**; Small torch; Plastic plate(s) and cup; Knife, fork and spoon. Sealable drinks container and packed lunchbox. Any other items of specialist gear that you may wish to use (cooker, bivi bag etc.) rather than the centre's equipment.

The Final Night

The meal on the final night is a formal dinner, therefore bring some more formal clothes. The RYLA Committee requests jacket/ties and dresses.

Optional Items

Camera. If you play a musical instrument and it is practical to bring it then please do (don't worry we can supply a piano). The Centre has a tuck shop, but otherwise little money is necessary over the week.

Identification of Property

You should mark your clothing and other property in some way for identification purposes.

Centre Equipment

The Centre will provide all technical and safety equipment such as climbing harnesses buoyancy aids and helmets.

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If you are having any problems in acquiring any of this equipment please contact Castle Head directly: Tel: 015395 34300