



## COMPULSORY EQUIPMENT LIST (2019)

Please ensure all your items are clearly named. The Rotary Club of Half Moon Bay Inc. 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
- Single sheet for use on in 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. more than a “day pack”)**
- **Sleeping bag (4 x season - must be suitable for outdoor use in winter)**
- **Waterproof jacket 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**
- **Tramping boots (already broken in and comfortably fitting you) not running or trail shoes**
- **Thermal mattress (self-inflating or insulated foam roll type) ·**

### Outdoor gloves

- **Woolen “beanie” type hat**
- Waterproof pack liner
- 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 pair’s woolen 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 HIGH LIGHTED IN YELLOW 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 welcome
- Small amount of cash (Max \$30)

**Do Not Bring:**

- Laptops
- Cell phones
- Walkman, iPods or CD players
- Other valuable items
- Alcohol or drugs

**If you do not have any of this equipment, you MUST contact your sponsoring Rotary Club who will assist you. Consider hiring essential outdoor items if these are proving a challenge. Hire 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**

**Thermal underwear (Leggings and Top) must be warm if wet (Polyprop, Merino etc.) not cotton.**



**YES**

**YES**

**NO (COTTON)**

**Warm Mid layer tops to be worn over thermal underwear. Med weight polar fleece or Merino.**



**YES**

**YES**

**YES**

**NO - COTTON**

**Warm Polar fleece 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 can be the self-inflating type with thermal core or the closed cell foam roll type.



YES



YES

Tramping Pack 65L Minimum size.



YES



YES



NO – TOO SMALL

Sleeping Bag – outdoor use – 4 x season.



YES



YES



NO – TOO LIGHTWEIGHT