## **RYPEN 2023 Gear List**



## **REQUIRED GEAR**

- Sleeping Bag
- Pillow
- **Pyjamas**
- Underwear
- Towel
- **Toiletries** -Toothbrush
  - -Toothpaste
  - -Soap
- Warm Clothes -Fleece jacket / woollen jersey
  - -Long trousers
  - -Thermals / polypropylene
  - -Beanie, (fingerless) gloves
- Raincoat Waterproof
- Socks
- Shorts
- T-Shirts
- Old clothes that can get dirty
- Togs / Swimming Gear
- Sunhat / Cap
- Sun-block
- Shoes at least two pairs (fully enclosed)
- Torch
- Water bottle
- A single fitted sheet (for mattress)
- A Smile 😊



## **OPTIONAL GEAR**

- Wetsuit
- Wetsuit water shoes
- Sunglasses
- Overtrousers
- **Insect Repellant**
- Camera
- Musical instrument (piano's not recommended)