

All meals and refreshments are provided. No cash is required at camp. If traveling a long distance you may want some cash for a light meal to and from.

Sleeping quarters are heated, includes showers, bathrooms and electricity. Bunks have a mattress.

WHAT TO BRING

- Sleeping Bag or blankets & Pillow
- Pajamas
- •Socks & Underwear
- •Sportswear: Shorts & Jeans, T Shirts and Sweatshirts. Comfortable clothes for sports activities. *Be prepared for wet to hot weather.*
- •Shoes (closed shoes are best for most of the event. The grounds are grassy and can be damp on occasion. Sandals are not suitable for the team building exercises.
- Jacket or Light Rain Coat
- •Bath Towel and wash cloth (none are provided)
- Toiletries (Shampoo, Soap, Deodorant, Razor, Toothbrush, comb/brush, blow-dryer, etc..)
- Water Bottle
- Flashlight
- •Camera (Cell phones not allowed, please see next page)
- •Lip Balm & Sun Screen
- •Clothes for an evening Dance. Your choice on casual or more dressy.
- Musical Instruments, costume, props, etc. for talent show. There is a piano on site.

WHAT NOT TO BRING (Will be confiscated and returned after camp)

- •iPods, iPads, Gaming Devices, etc.
- Radio, Television/DVD Players
- Inappropriate Clothing for a professional and academic environment.
- Cigarettes
- •Alcohol/Drugs
- Food
- •Knives Weapons (of any sort)

Cell Phones

At RYLA, we invite everyone to escape from their everyday lives by breaking routines and habits. We ask everyone to have enough courage to step outside of their comfort zones! Comfort Zones are where the least amount of growth happens, and we challenge all our past, present and future students to grow in as many ways as possible during and after RYLA.

By giving up electronics (television, computers, & phones) for a few short days, RYLA students get incredible benefits and opportunity.

Top 10 Reasons to not use your CELL PHONE

YOUR BRAIN WILL WORK	YOU WILL NOTICE MORE OF
BETTER	YOUR SURROUNDINGS
YOU WILL HAVE BETTER	YOU WILL RETAIN MORE
CONVERSATIONS	INFORMATION
YOU WILL INCREASE	YOU WILL SLEEP AND WAKE
EFFICIENCY	UP BETTER
YOU WILL BE MORE OPEN	YOU WILL GET BETTER AT
MINDED	PROBLEM SOLVING
YOU WILL MAKE FRIENDS	YOU WILL BE A BETTER
FASTER	LISTENER

<u>We have photographers</u> that will be capturing many of the incredible moments at RYLA. If you really want or need a photo taken, you can ask the photographers or any of the counselors to take photos. You will get access to all photos from our photographers and staff at the end of RYLA.

We support the privacy of all students and volunteers while at RYLA. We do not allow phones / cameras in private settings (cabins, bathrooms, showers, etc.) and we do not allow any recording devices in any of the classrooms, speeches or events where students are encouraged to speak about very personal information.

We give all RYLA students the safest and most respectful environment possible!!

All RYLA students will give their phones to their counselors at the beginning of RYLA and the phones are returned at the end or RYLA. All parents will have access to the staff at RYLA and they will be able to reach their students (and vice-versa) in the event of an emergency. Students are encouraged to ask their counselors or the RYLA staff to help them reach their parents or loved ones if it is absolutely necessary.