

## ROTARY YOUTH LEADERSHIP AWARD - RYLA 2017

Friday 30<sup>th</sup> June to Sunday 2<sup>nd</sup> July 2017

### ADVANCE INFORMATION FOR SPONSORS/CANDIDATES

The precise activities of the weekend must remain a mystery but the following information is supplied to assist you with packing the correct clothing and outdoor equipment.

**You will be expected to report to RAF HENLOW between 1530hrs and 1630hrs and NO LATER!** The RYLA weekend starts promptly at RAF Henlow at 1600hrs on Friday 30<sup>th</sup> June 2016 and will finish by 1430hrs approx. on Sunday 2<sup>nd</sup> July 2016. The Post code for RAF Henlow is **SG16 6DN**

**Transport** Although some of you will want to drive yourselves, in the interests of safety it is recommended that you all consider being dropped off and collected from RAF Henlow by a friend or relative, as you may be tired on Sunday at 1600 hrs

**Meals & Accommodation** All meals and cooking utensils are supplied but there will be no choice of menu and meals times may well be irregular. Please state any special dietary requirement on the application form. The accommodation will be basic and you will require a sleeping bag, light ground-sheet/roll-mat and a rucksack(s) that will hold wet weather clothing for the days activities (day-sack) and/or equipment (Main-sack). An additional (as well as a rucksack) suitcase/bag to act as a wardrobe to store your reserve clothing in is recommended.

**Clothing** The majority of the weekends activities will be held outdoors in all weathers and some activities will be wet & dirty. Hence old warm layered clothing is recommended and you may well need to change into dry clothes during the day. However, if the weather is favourable, old summer clothes will be needed to supplement your wet-weather warm clothes. Be aware that legs will need to be covered for most activities and **old** leather gloves will protect the hands. You may wish to have a spare set of decent clothing to change into before going home. Your footwear should be broken-in and selected for walking on roads and over rough terrain in all weathers and should ideally have a ridged sole.

Avoid new shoes/boots and if need be break new ones in well before the weekend.  
TRAINERS WILL NOT BE SUITABLE.

**Insurance** Although every aspect of the weekend is scrutinised for maximum safety, some personal accident insurance is included; details are available. A detailed safety brief will be given at the start of and during the weekend. First-aid cover is available but a small personal first-aid kit is advised.

**Smoking, Alcohol & Drugs** Smoking will not be encouraged and will only be allowed in specified areas during the weekend. In the interests of safety, the consumption of alcohol is banned and any person found to be in possession of or using an illegal substance will be asked to leave RAF Henlow immediately.

**NOTE:** Remember to take any special medication you need and notify us of this as the weekend is in the high hay-fever season. The weather at this time of year can be very hot and it is advisable that you bring sun block cream and some head gear.

### Suggested Minimum Kit List

Washing/shower kit and towels.	Suitcase/bag to act as wardrobe for reserve clothes.
Night-wear, Sleeping bag and Light ground-sheet or roll-mat	Rucksack – small and large if held, to carry clothing and equipment required during the day/night
Footwear for <b>on/off road</b> - a spare change may be required.	Torch, water bottle, pocket notebook and pen/pencil, small sharp pen-knife. Knife, fork & spoon.
<b>At least 2 sets of OLD</b> winter & summer casual/outdoor clothing including head wear	Track suit top/bottoms.
Spare socks and underwear.	Pair of <b>OLD</b> gloves
Waterproof coat/Jacket and trousers.	Personal First-aid kit (plasters, aspirin, etc) Sun Block