|  |  |
| --- | --- |
|  | **District 6250 RYLA 2023**  **May 12th-14th, 2023**  Camp Upham Woods  Wisconsin Dells, WI |

**What to Bring to Camp Page 2**

**Expectation Form Page 3-4**

**Health Forms Page 5-6**

**If you have any questions regarding RYLA, please contact:**

**Michelle TerMaat-McGrath**

[**drmichellemcgrath@gmail.com**](mailto:drmichellemcgrath@gmail.com)

**Zenith**

**608-206-3092**

**Zach Zellner**

[**zellner.zach@gmail.com**](mailto:zellner.zach@gmail.com)

**LIVELife Leadership LLC**

**920-224-2056**

**What to Bring to RYLA:**

Temperatures in the spring are very unpredictable. Some of your time with us will be spent outside, so make sure to come prepared. We recommend comfortable outdoor clothing that you don’t mind getting wet or dirty. Camp Upham Woods does not provide any bedding (sheets or blankets) or linens.

**Clothing**

Rain jacket

Hat with brim

Long pants

Shorts

Shirts

Warm sweater or fleece jacket

Underwear

Socks

Gloves and hat

Sneakers or walking shoes—not sandals, you will be running around

***LAYERING:*** Layering means wearing numerous items of thinner

clothing rather than one heavy item. Layering traps more air, keeping

you warmer. Layering also allows you to adapt your clothing to the

variety of weather conditions you may experience. Start with thinner,

tighter layers near the skin, and move to heavier, looser layers away from

the body. Top it off with a windbreaker and/or wind pants and you have

an excellent clothing system.

**Bedding and Towels**

Bath towel

Facecloth

Pillow

Top sheet, bottom sheet, and blankets OR Sleeping Bag

**Other**

Toiletries and personal hygiene supplies

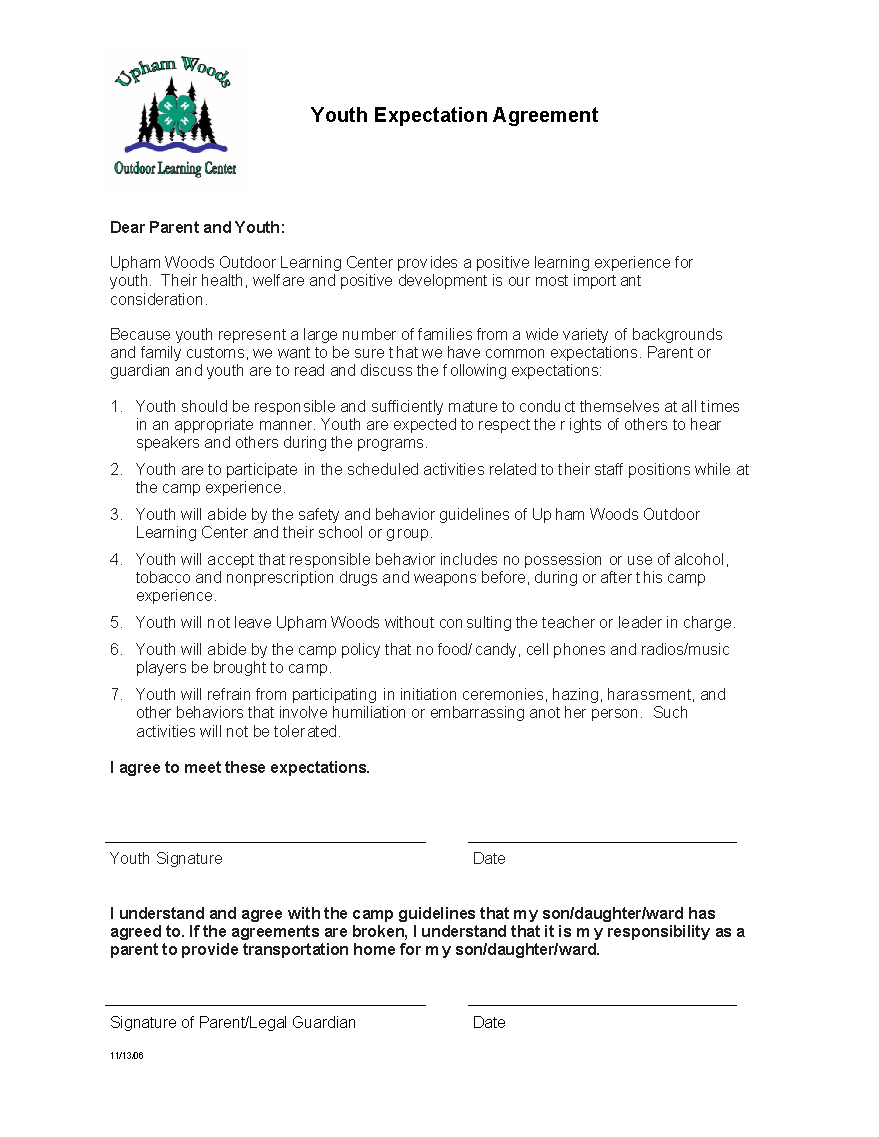
Sunglasses

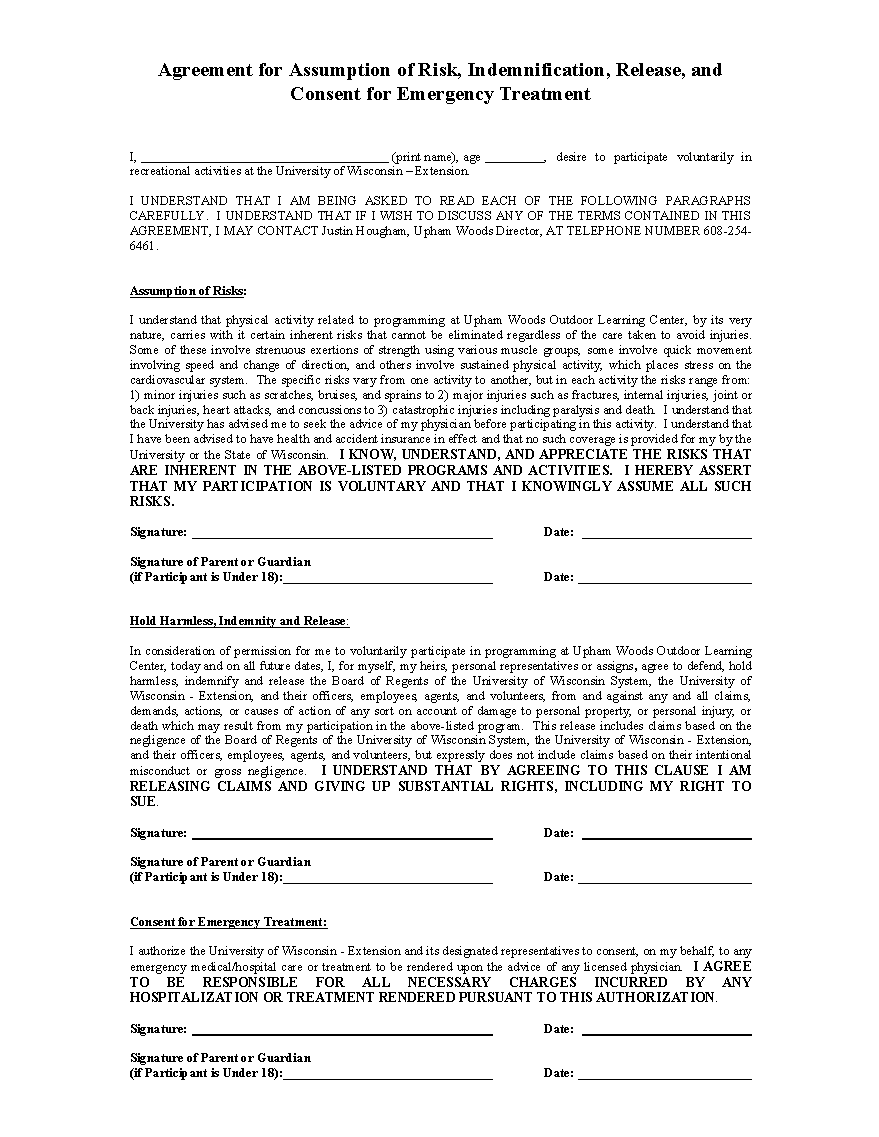
Flashlight (optional)

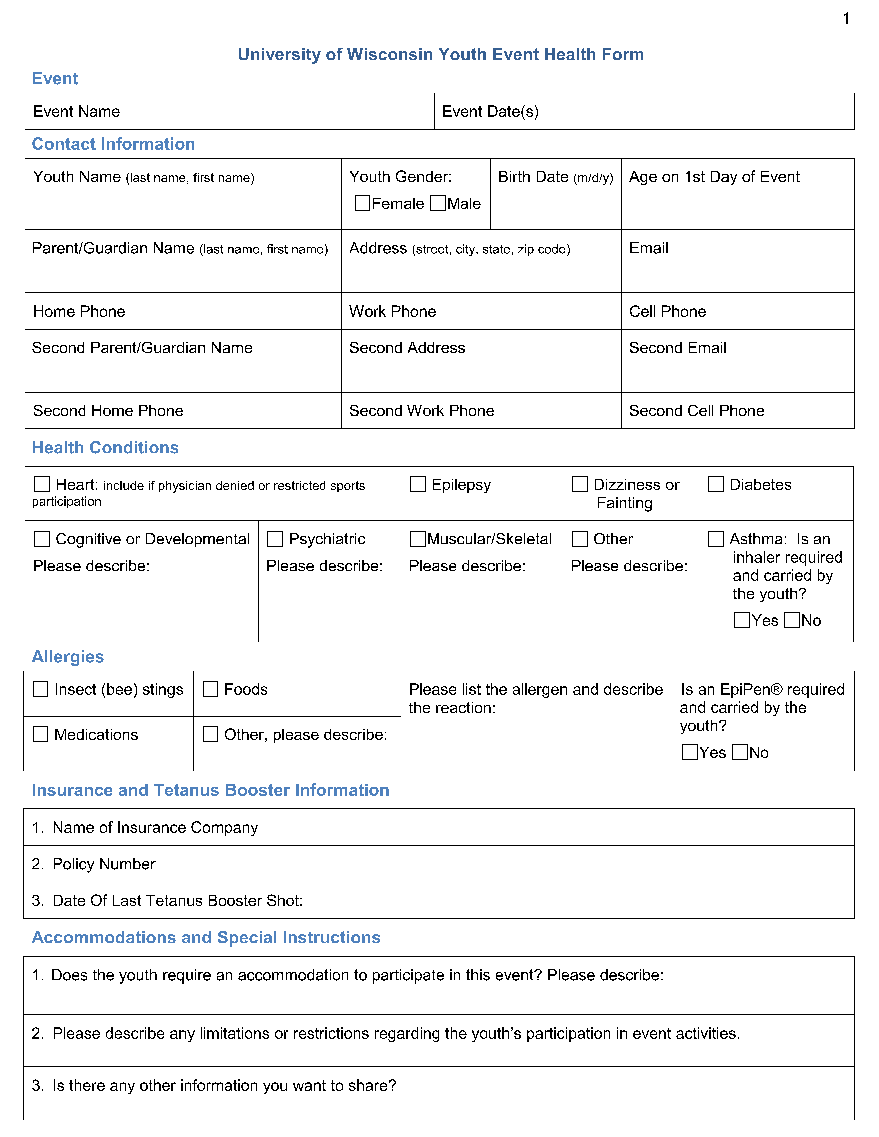
Sunscreen, SPF 15 minimum

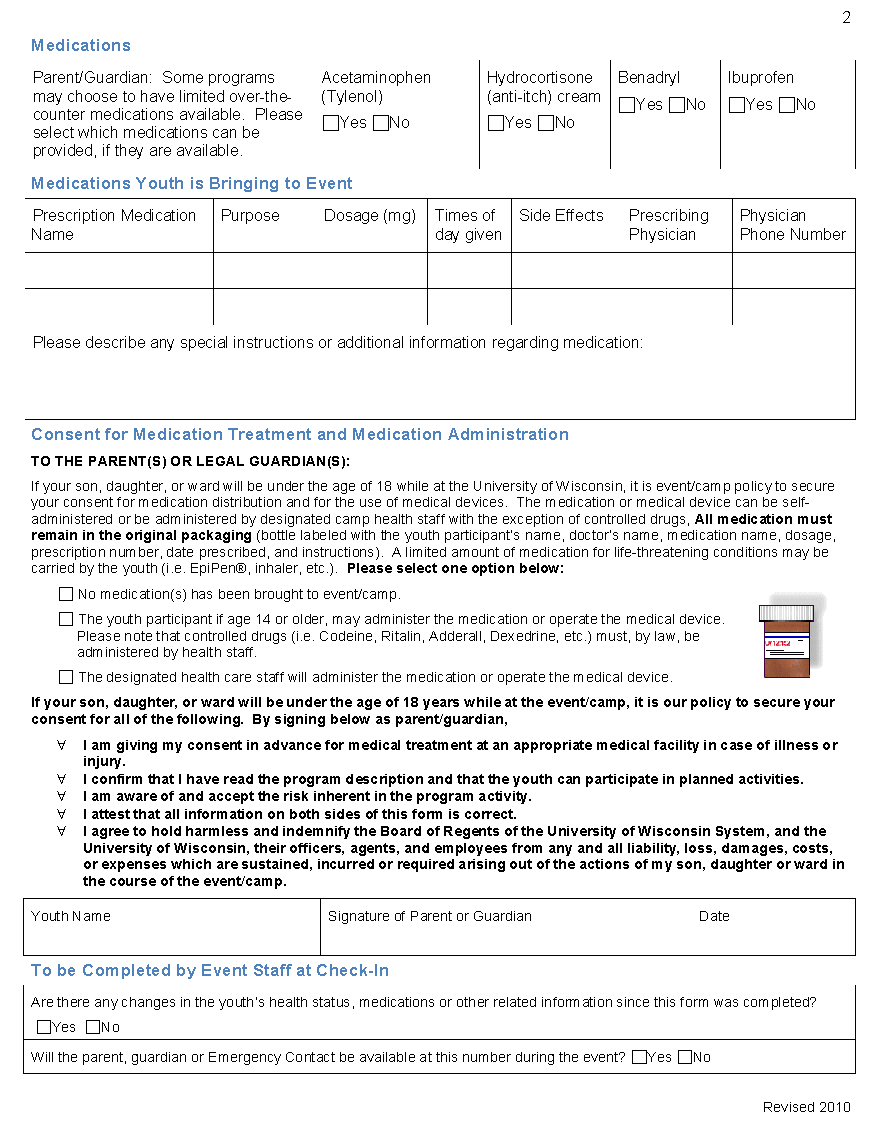
Bug Repellent

Electronic Devices/Cell Phones, etc. may be lost or misplaced. Their use is permissible during free time, but valuable equipment is best left at home.

****

****

****

****