



What to Pack for your RYLA Weekend

- Toiletries and shower items such as toothbrush/toothpaste, soap, shampoo, and towel
- Shower shoes (waterproof flip flops) for showering and swim suit for indoor pool
- Casual clothes
 - Jeans are acceptable all weekend. Please see separate sheet on attire.
 - Sweatshirt/coat – based on the weather you will be outside from time to time
- Gym shoes
 - We will be playing sports games inside and outside
- **Pillow/sleeping bag/sheets/blanket-your choice of any** (These may be rented from Lake Williamson for \$10/set. Please let us know ahead of time and bring \$10 with you!)
 - You will be sleeping in a dorm room with a twin or full-sized bed
- Athletic apparel for games and sports
- Medications, if needed (you will be asked to turn all medications over to a Rotary volunteer for safe keeping and distribution as needed.)
- Optional:
 - Camera
 - Money for vending machines and arcade
 - Cell phones, laptops, and other electronic devices are discouraged. If you bring one, it will be collected and available for use in emergencies Thank you.
- **Leave valuables at home, or bring at your own risk**

VERY IMPORTANT TO BRING: THESE MUST BE SIGNED AND TURNED IN AT REGISTRATION OR BEFORE. NO EXCEPTIONS!

Signed ECA Waiver and Release
Signed Emergency Medical Treatment Form

- If you have any questions, you can e-mail Cathy Jo Littleton-Wahl at wahlcathy@gmail.com or call her at (217)8833-1155.

EMERGENCY CONTACT NUMBERS:

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