



WHAT TO KNOW BEFORE YOU GO...

GENERAL INFORMATION & RYLA ACCOMMODATIONS

- All meals and refreshments are provided. Let us know in advance if you have any dietary restrictions.
- No money is required at RYLA; however, if traveling a long distance, you may want to bring a small amount of money for a light meal during transit to and from RYLA.
- Sleeping quarters are heated, and include showers, bathrooms, and electricity. Bunks have a mattress, but no linens are provided.

WHAT TO BRING:

- Sleeping bag or blankets and pillow.
- Pajamas
- Socks and underwear
- Sportswear: shorts, jeans, t-shirts, and a sweatshirt. Pack comfortable clothing suitable for physical activities and be prepared for a variety of weather conditions – cold, hot, or wet.
- Closed-toe shoes (required for team-building activities). Sandals are not suitable for RYLA activities.
- Jacket or light raincoat.
- Bath towel and wash cloth (none are provided).
- Toiletries (shampoo, soap, deodorant, razor, toothbrush/tooth paste, comb/brush, blow-dryer, etc.)
- Reusable water bottle
- Flashlight
- Camera (cell phones are not allowed - see below)
- Lip balm and sunscreen
- Clothes for the evening dance (casual or dressy – your choice).
- Musical instruments, costume, props, etc. for the talent show (a piano is available on site).

WHAT NOT TO BRING (items will be collected and returned after RYLA)

- Smartphones, smartwatches with cellular plans, tablets, handheld gaming devices, laptops, etc.
- Devices capable of media playback, such as portable speakers, DVD players, or TVs with streaming apps.
- Inappropriate clothing for a leadership environment (e.g., midriff-baring tops, short shorts, overly revealing outfits, or clothing with offensive language or graphics.)
- Tobacco products, including vapes, e-cigarettes, and cigarettes.
- Alcohol, drugs, THC products, or drug paraphernalia (possession or use is strictly prohibited, regardless of legal age or state laws).
- Outside food or beverages.
- Weapons of any kind, including knives, pocketknives, or anything that could be considered a weapon.

CELL PHONES... DISCONNECTING... TO RECONNECT

At RYLA, we challenge students to break free from their daily routines and step outside their comfort zones. Growth doesn't happen when we're stuck in old habits – it happens when we try new things, meet new people, and fully engage in the present moment.

That's why we ask all participants to disconnect from electronics – phones, tablets, computers, and TV – for just a few days. By disconnecting from their devices, RYLA students often experience stronger personal connections, gain fresh perspectives, and leave RYLA with a deeper sense of personal growth.

Top 10 Reasons to Ditch your Cell Phone at RYLA

1. Your brain will function better.
2. You'll notice more of what's around you.
3. You'll have deeper, more meaningful conversations.
4. You'll retain more of what you learn.
5. You'll get things done more efficiently.
6. You'll sleep better and feel more rested.
7. You'll become more open-minded.
8. You'll improve your problem-solving skills.
9. You'll make friends more quickly.
10. You'll become a better listener.

What about Photos?

Don't worry – we've got it covered! RYLA photographers and counselors will be capturing amazing moments throughout the event. If you'd like a specific photo taken, just ask! All students will have access to the full photo collection after RYLA.

Respecting Privacy

To maintain a safe and respectful environment, phones, cameras, and other recording devices are **not allowed** in private spaces such as cabins, bathrooms, or showers. Recording is also **prohibited** during classroom sessions or speeches where students may share personal experiences.

Phone Collection & Emergency Contact

All students will turn in their phones to their counselors at the start of RYLA. Phones will be safely stored and returned at the end of RYLA.

In case of emergency, **parents/guardians may contact RYLA staff** at any time. If a student needs to reach a parent/guardian, counselors or RYLA staff will gladly assist. We are committed to providing a safe, connected, and supportive experience for every student.