



What to bring:

- Sleeping bag & Pillow
- Bath towel & wash cloth
- Toiletries, soap, blow dryer
- Toiletries bag (easy to carry)
- Flip flops or shower shoes
- Flashlight & extra batteries
- Travel alarm clock/cell phone
- Pen or pencil
- Lip Balm, sunglasses
- Cheap camera/cell phone
- Snow & rain gear
- Water resistant boots or shoes
- Warm sleepwear
- Warm jacket, gloves, hat, and scarf
- Jeans, sweats, slacks
- Long sleeved shirts, sweaters
- Underwear, socks (several pair)
- And lastly, a sense of humor!

What **Not** to bring

- Formal attire
- Swim clothes
- Knives, guns, sling shots, any kind of weapon
- Alcohol, drugs, cigarettes, e-cigarettes
- Matches, lighters
- Laptops, TVs, Video Games, MP3 players
- Fire crackers, explosives, pyrotechnics
- Valuables such as jewelry, watches, excessive cash
- Do not bring and Homework – there is no time
- No sweets, food or drink other than a snack bar for the bus ride

-
- This camp is at an altitude of 5,000+ feet. Weather can be unpredictable. Dress in layers. Be prepared for anything! Don't overpack – you will receive a hooded sweatshirt at Camp.
 - Pack all of your gear in a duffel bag or suitable luggage that you can carry. You may have to carry all of your items up to 100 yards.
 - Bring large white plastic trash bags, to wrap up your luggage, sleeping bag and pillow, in case it rains. Write your name on the white garbage bags with a Permanent Marker.
 - Any violation of the rules of the camp and/or of RYLA will immediately require that your parent or guardian come and remove you from RYLA.
 - All Alternates must be at the Buses in the event that a student cannot make it and we need to pick an Alternate. Parents please wait until the buses have left before leaving an Alternate at the Bus location.

Tony Scheppmann, Participant Coordinator

Email: tony.l.scheppmann.i4p9@statefarm.com

Phone: 702-460-5723

Camp Cedar Crest, 33325 Green Valley Lake Road, Running Springs, CA 92382 – 909-867-2531