

✓ Tick each item before departure · All course materials are provided by the school · Confirm towel policy with your programme operator · Group leaders receive a full pre-departure briefing

CLOTHING — EVERYDAY ESSENTIALS

- ☐ Socks (7–10 pairs)
- ☐ Underwear (7–10 sets)
- ☐ Vests or undershirts
- ☐ Pyjamas (1–2 pairs)
- ☐ Slippers
- ☐ Laundry bag for dirty clothes
- ☐ Mesh laundry bags *for washing machines*
- ☐ Towel *confirm if provided by accommodation*

CLOTHING — WARM & BEACH DESTINATIONS

- ☐ Short-sleeved T-shirts (5–7)
- ☐ Shorts (3–4 pairs)
- ☐ Comfortable trainers for walking
- ☐ Casual shoes
- ☐ Cap or sun hat
- ☐ Beach towel
- ☐ Swimwear (2 sets)
- ☐ Sun cream (high SPF)

CLOTHING — VARIABLE & COLD WEATHER (UK)

- ☐ Short-sleeved tops
- ☐ Long-sleeved tops
- ☐ Jeans or long trousers
- ☐ Lightweight jumper / hoodie
- ☐ Warm jacket or coat
- ☐ Waterproof jacket
- ☐ 2 pairs of shoes *incl. one for walking / hiking*
- ☐ Cap or bandana *sun protection outdoors*

DOCUMENTS & MONEY

- ☐ Passport or valid national ID card

SPORTSWEAR & SWIMMING

- ☐ Trainers / sports shoes
- ☐ Sportswear or lightweight tracksuit
- ☐ Swimwear
- ☐ Swimming cap
- ☐ Flip-flops or pool sandals
- ☐ Microfibre towel *for sports & pool sessions*

TOILETRIES & PERSONAL ITEMS

- ☐ Toothbrush + toothpaste
- ☐ Shampoo + body wash *in leak-proof containers*
- ☐ Hairbrush or comb
- ☐ Hairdryer
- ☐ Deodorant
- ☐ Sun cream
- ☐ Prescription medication *pack in checked baggage*
- ☐ Medical / prescription documents *if taking medication*

ELECTRONICS & ADAPTERS

- ☐ Smartphone + charger
- ☐ Portable power bank *optional but useful*
- ☐ Headphones
- ☐ Travel adapter — UK plug *essential for England, Ireland, Malta*
- ☐ Travel adapter — US plug *essential for USA & Canada*
- ☐ Camera *optional*

STUDY MATERIALS

- ☐ Small pencil case
- ☐ Pens (2–3)
- ☐ Pencils
- ☐ Rubber / eraser
- ☐ Pencil sharpener

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