

Packing Checklist

Clothes

- One to two pairs of trainers
- Two to three pairs of shorts
- Two to three pairs of jeans/trousers
- Swimming costume
- Underwear
- Socks
- Seven or more t-shirts
- Sweater/jumper
- Tracksuit or jogging pants for sport
- Waterproof jacket or small umbrella
- Smart clothes for disco

Wash bag

- Toothbrush and toothpaste
- Toiletries (shower gel and shampoo)
- Hair brush or comb
- Sun protection (cream, spray, lotion)
- Two towels for swimming and shower
- Spectacles or contact lenses, solution and case (if needed)

Money

- Pocket money per week: we recommend from £50 (UK) and \$100 (USA & Canada) for souvenirs, snacks and optional excursions
- Damage/key deposit: £30 (UK) and \$100 (USA & Canada) – paid on arrival and refunded if no damage occurs*
- Laundry: £3 (UK) and \$5 (USA & Canada) per wash*

Stationery

- Additional notebook (folder, pen and paper are provided)

Other items

- Passport and tickets
- Two recent passport-sized photographs for ID card and bus pass (where required)
- Alarm clock
- Sunglasses
- An international travel adapter (for mobile phone chargers etc)
- Small rucksack/bag for excursion
- U18 Parental Consent form

What not to bring

Bedding (bed sheets, pillows)
Expensive electronics (e.g. laptop)

* Damage/key deposit and laundry expenses are not applicable for homestay students: Cambridge and Hastings (UK), Fort Lauderdale (USA), Toronto and Victoria (Canada)