

## WHAT TO BRING

**A word about the weather:** It's changeable! The summer can vary from 30 degrees centigrade to 12 degrees with rain in between. It's a good idea to pack for both ends of the temperature spectrum and track the weather for a few days before you arrive. If you are coming during the winter, please bring very warm clothes/jacket and warm hat.

**TopUp Learning Emergency number / WhatsApp: +44 7456 314794**

**Ask all students to:**

- 1. Download WhatsApp if you don't have**
- 2. Save this number**
- 3. Send a message to this number with your full name, and your preferred name if you have one**

- 2 Towels
- Toiletries (Shampoo / Shower gel / Toothpaste etc ....)
- A bag for laundry (plastique bag will do)
- Sunscreen
- Sunglasses
- 1 small day backpack
- Baseball cap or sun hat
- Umbrella / Hat
- Notebook + pens / Pencils
- Phone charger - **Adapter UK**
- Refillable water bottle
- Money for shopping or card
- If necessary: Appropriate level of required medication
- Clothes for **1 week** including:
  - o Casual clothes for daytime (e.g. T-shirt, jeans, shorts, long-sleeve tops ...)
  - o 2 warm sweater or hoodies
  - o Pyjama
  - o Sports wear
  - o **Jacket (warm and waterproof)**
  - o **Hat**
  - o **Trainers/sports shoes – Students are not allowed to play games without proper footwear. They are also required to wear sports shoes during excursions.**
  - o Students can also bring football shoes
  - o 1 Swimsuit minimum + Swimming cap (**Swimming cap is a must**) – if you are going for swimming
  - o **Full coverage swim suit for those required by their religion** – if you are going for swimming
  - o Flip-flops for the swimming pool

**Laundry for groups: (only offered to groups as agreed)**

- For students staying longer than one week: laundry is done once a week only.
- No laundry service is provided for students staying one week or less (please bring enough clothing for the entire stay).