

WHAT TO BRING

Camp Essentials

- **A mix of clothing:** Pack comfortable and breathable clothes suitable for warm and cool weather, including T-shirts, shorts, and a light jacket or jumper for the evenings.
- **Rain gear:** The UK weather can be unpredictable, so make sure to bring a lightweight rain jacket, an umbrella, and waterproof shoes.
- **Comfortable shoes:** Good and supportive shoes are essential for various activities and especially the full-day excursions
- **Sports clothing and footwear:** Pack suitable attire for any sports or physical activities planned during the camp. This may include athletic shorts, moisture-wicking T-shirts, and comfortable sports shoes.
- **Swimwear:** If the camp has a pool or there are water activities planned, bring a swimsuit and a pair of rubber slippers or flip-flops.
- **A padlock:** A padlock to keep your belongings safe, even in your room, and to ensure none of your valuables are lost or stolen.
- **Sun protection:** Protect the skin from the sun's rays with a high SPF sunscreen. An additional hat option for added sun protection is a good to have, especially during extended outdoor activities and walking tours.
- **Towel:** Check first on the *Fact Sheet* if your campus provides towels. If they do not, remember to bring your own.
- **Toiletries:** Pack a basic toiletry kit with essentials like toothbrush, toothpaste, shampoo, and any personal items.
- **Medication:** If you take any prescription medication, ensure an ample supply for the duration of the camp.
- **Plug adapter:** The outlets in the UK and Ireland use Type G plugs. To be able to charge your electronics, you will need to bring a suitable adapter.

When going on an excursion, always ensure your **phone is charged** and can make and receive calls, and that you have a small amount of **local currency** with you.