



## What to Pack

Packing for a trip can be stressful, so we understand that you may be worried about bringing the right things, or enough things for 3-6 weeks at St Edmund's College. Here is some guidance on what to pack that we hope will help you:

### Clothing:

- A good mix of warm and cold weather clothing – the English weather can be unpredictable. Even though it is summer, we may still have a few cold or windy days. Definitely pack a warm jumper for colder days.
- A mix of trousers/skirts and shorts for different weather and activities.
- A hat to keep the sun off your head
- Sunglasses (optional)
- A waterproof jacket – this is England and it will rain
- Suitable footwear – comfortable shoes/trainers for walking around city centres and a pair of shoes that you don't mind getting wet/muddy. If you are doing specific sporting activities, bring shoes that are suitable for this i.e. football, basketball, Outdoor Adventure Activities, horse riding etc.
- A swimming costume – we have an indoor pool on site and some off-site activities are water-based.
- Pyjamas or suitable bed clothes
- A dressing gown (optional)
- A small backpack to take on excursions. You will need to carry your lunch and may wish to store personal items too.

All students have a laundry load done each week. In an emergency, or if specific items of clothing are needed for activities, we can wash something quickly on a non-laundry day too.

However, you will still need enough clothes to last 7 days.

### Toiletries:

- Toothpaste and toothbrush
- Deodorant
- Shampoos, conditioners and shower gels
- Sun cream – we recommend SPF 50 (we will have extra available)
- Any sanitary products they may need (we can provide these in case of an unexpected emergency)
- At least one full-size towel and hand towel

### Electronic:

- A mobile phone – students will be using our Mobile App to access information about the summer school including timetables, menus and emergency contact details. As such, we strongly recommend a smart phone for this.
- An electrical plug converter for the UK - the UK uses a 220v three pin system. Be aware that some electronic items may not work in the UK if they don't support dual voltages.
- Your own hair dryer if needed.
- A watch – to ensure you are not late for classes or late on excursions.



Food:

- Any snacks they might want – although, we do have plenty of food for them here
- Reusable water bottle – we recommend this for excursions and classroom use.

Medical:

- All medications that you may need (see our [Medical Policy](#) for detailed information about this)

What if you forget something?

We are very well-equipped; if you forget to pack something, we will probably be able to arrange a replacement quickly.

What do I not need to bring?

There are also many things that you do not need to pack or bring with you. These will be provided by us as part of the summer school. You do not need to bring the following:

- Bedding (duvet covers, bedsheets, etc.)
- Common medications such as anti-histamines, paracetamol and ibuprofen – we have these.
- Large quantities of food (see our [Catering & Meals](#) guide for detailed information about this)
- A laptop or tablet – you are welcome to bring these but we have IT rooms students can use.