



## **ISCA Scotland**

### ***Packing Information***

Laundry will only be done if there is severely bad weather. Having said that, students do not need to pack a large amount and should only bring one medium-size suitcase.

During ISCA our students are part of a global community. To that end, our dress code expectations are designed to be respectful of the historic and cultural sites that we will visit during the programme.

- Clothing should be clean, in good condition, and appropriately sized.
- Political symbols or slogans may not be worn.
- Inappropriate language or graphics are not permitted.
- Shorts or skirts should be no shorter than fingertip length.
- Shirts must cover the entire torso.
- Acceptable shirts include t-shirts, collared shirts, and tank-tops.
- Necklines on shirts should be modest.
- Trousers or shorts must be worn around the waist.

### **Clothing List**

All clothing should be machine-washable and clearly marked. If laundry is done in case of severely bad weather, it will be an industrial clean and we are unable to accept responsibility for items that are lost, damaged or left behind.

We highly recommend bringing a warm, waterproof winter coat with a hood instead of an umbrella. An umbrella is completely impractical at most of the places we visit.

We will be visiting Scotland during winter. Please be prepared for all weathers including sun, rain, snow and wind. If you dress for the right conditions, your experience will be even more enjoyable.

- 1 small, lightweight, waterproof backpack
- 1 warm, waterproof, winter coat with hood
- 1 pair of woollen gloves
- 1 woolly hat
- 4 sweaters/jumpers

4 pairs of pants/trousers  
5 long-sleeved tops  
2 long-sleeved thermal tops  
2 thermal leggings  
1 fleece  
9 sets of underwear  
9 pairs of socks  
1 set of pyjamas  
1 outfit for the New Year celebrations  
1 water bottle  
1 pair of comfortable trainer shoes  
1 pair of sturdy walking shoes  
1 tube toothpaste  
1 toothbrush  
1 UK travel adaptor

*Please note, towels, shampoo, conditioner, shower gel and soap are all provided by the hotel.*

*You will all be given an ISCA scarf at the start of the programme.*

## **Travel Adaptors**

In the UK we use a 'G' plug with three rectangular pins in a triangle pattern. Please note, UK voltage is 230V.

If you are plugging in electrical equipment that is rated at a lower voltage you will need a voltage converter or transformer whilst in the UK.

Our campus has a responsibility to check for electrical safety during the programme, so please ensure these rules are followed for the safety of all.