



## **ISCA Global**

### ***Packing Information***

Laundry is done once a week during the programme, so students do not need to pack a large amount and should only bring one medium-size suitcase. We also provide sports equipment such as tennis racquets, hockey sticks etc.

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. We are unable to accept responsibility for items that are lost, damaged or left behind.

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

- 1 small, lightweight, waterproof backpack
- 1 light waterproof coat with hood
- 2 jumpers
- 5 trousers (e.g. jeans, leggings, tracksuit)
- 3 long-sleeved shirts
- 6 T-shirts
- 5 sports tops
- 3 pairs of sports shorts
- 8 sets of underwear
- 8 pairs of socks

- 8 pairs of sports socks
- 1 water bottle
- 1 large towel
- 1 swimsuit (if you wish to swim)
- 1 pair of comfortable walking shoes
- 1 pair of sports trainers
- 1 pair of football boots (optional)
- 1 mouthguard for sports (optional)
- 1 tube toothpaste
- 1 toothbrush
- 1 shampoo/conditioner/shower gel/soap
- 1 UK travel adaptor

## **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.