



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 other modest 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
- 1 pyjamas
- 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

Medication

Any medication should be packed in its original packaging and declared to ISCA before arrival in accordance with our medical procedures.

Travel Adaptors

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

Please check that any electrical items you bring are compatible with the UK electricity supply (230V). If you are unsure, please check with the manufacturer before travelling.

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.