

An example packing list

Equipment List

Your child should pack the following in a soft sports bag:

- 2 pairs long pants / jeans / track-suit bottoms for general wear
- 1 pair of water-proof/resistant pants
- 4 T-shirts
- 1 sweat shirt
- 1 warm sweater / fleece jacket
- 5 sets of underwear
- 5 pairs of socks (wool or fleece are ideal for hiking)
- 2 pairs of shorts
- 1 pair of sports shoes
- 1 pair of indoor shoes / slippers
- 1 pair of pyjamas
- 1 bath towel
- 1 Swimsuit
- Toilet bag – toothbrush, toothpaste, soap, shampoo, comb/hairbrush, hair bands (long hair), deodorant and sanitary napkins if applicable
- 1 lightweight waterproof jacket (**this item is essential**)
- 1 pair of hiking shoes
- 1 small rucksack to use as a day pack (minimum 20 litre volume)
- 2 large plastic bags for wet clothes
- 1 large plastic water bottle (minimum 1litre)
- 1 warm ski hat
- 1 pair ski gloves/mittens
- 1 sun hat / baseball cap
- Sunglasses
- Flashlight/torch
- Good quality sun block and lip protector (suggested minimum protection SPF 30)
- Insect repellent (depending on destination / time of the year)
- 1 pencil case with pencils, crayons, felt pens,
- Library books/magazines for quiet times

Hiking Boots

Your child will need lightweight hiking boots for the week. If you are going to buy new boots for this trip, we recommend that you do so as soon as possible, making sure that they have ankle support. If possible, your child should wear the new boots for a few days to break them in before we leave on the trip. Appropriate socks for the hike are also recommended.

It is always a good idea for personal belongings to be clearly labelled.

In addition, there are some specific items needed for:

Year 8 - Anzère

1 lightweight waterproof trousers
1 pair of sports shoes that can get wet and muddy in the canyon on the first/last day
reusable lunch box
bike helmet (Organisers will provide one if necessary –do not buy one, especially for the trip)

Year 9 - Lignano

Old or water shoes to be used for sailing

Y10 Gstaad

1 lightweight waterproof trousers
ski jacket would be appropriate for the glacier adventure
wash kit
reusable lunch box
towels (one for wet activities, one for showers, hand towel optional)
large plastic bag(s) for damp clothes

Year 11 Berlin

Old shoes that can be used for kayaking

Y12 Verbier

wash kit
reusable lunch box
towels (one for wet activities, one for showers, hand towel optional)
large plastic bag(s) for damp clothes

Y13 Biarritz

flip-flops for the beach
at least two towels – a bath towel and a beach towel
reusable lunch box
running gear
2 swimsuits or board shorts
first draft of extended essay (with teacher feedback)
laptop and charger

These packing lists are non-exhaustive and can be amended depending on the destination and specific needs of each group.