

What to bring



Essential Items

Travel Items

- ✓ Travel Tickets
- ✓ Passport
- ✓ Visa (if required)
- ✓ Course confirmation
- ✓ Letter of Consent to Travel
- ✓ Bank card
- ✓ Tuck Shop Money (£)
- ✓ Health Insurance Card

Clothes

- ✓ Underwear & Socks
- ✓ Night Wear (Pyjamas)
- ✓ T-shirts/Sport shirts
- ✓ Jeans/Trousers/Tracksuit/skirts/dresses
- ✓ Jumper/Sweatshirt/Hoodie
- ✓ Shorts/leggings (Black/Navy/white)
- ✓ Trainers (sports)/ Shoes
- ✓ Swimwear
- ✓ Waterproof jacket and Trousers

Other

- ✓ Towels (2)
- ✓ Toiletries (toothbrush, toothpaste, shampoo, shower gel)
- ✓ Backpack for excursions
- ✓ Hat/Cap for sports
- ✓ Sun Cream
- ✓ UK Plug Adaptor and charging leads
- ✓ Hygiene products (Girls)

Specific Sports Items

Arsenal Football

- ✓ Football Boots (Blades/Plastic studs only)
- ✓ Artificial/astroturf football boots
- ✓ Shin pads (required)
- ✓ Trainers (indoor)
- ✓ Long Football socks (White if possible)
- ✓ Goalkeeping Gloves*

Please ensure ALL clothing and equipment are clearly labelled with your child's name

* If required

Please bring enough clothing for at least one week (Laundry is only offered for stays of 2 weeks or more)

Exporsitise Ltd cannot accept responsibility for any valuables/expensive jewellery, clothing or electronic devices (Please do not bring these items)

***REMINDER: Arsenal FD Programme - we kindly ask participants not to bring UK or Premier League branded football kits other than Arsenal FC**