



## WHAT TO BRING TO KINGSWAY SUMMER SCHOOL

- Spending money in British pounds (£). Unless you want to buy expensive souvenirs or clothes £5-£10/day will be plenty.
- Any special medicines
- A mobile phone & phone charger and plug adaptor (220/240 Volt – 3 pin plug)
- Pens & pencils
- A small back-pack for carrying things when you are out on excursions.
- Comprehensive travel insurance to cover personal effects.

### CLOTHES - General

The key thing to remember about English weather is that it is very changeable. It may be warm and sunny in the morning but cool and raining in the afternoon. Bring light summer clothes but make sure you have a warm sweatshirt or jacket to put over the top. A light, waterproof jacket will be useful. Also make sure you have some **strong and comfortable shoes** as some activities will involve walking a fair distance.

You might like to order a **Kingsway Summer School T-shirt &/or sweatshirt** as seen being worn by all students in our videos:

<http://www.summerschool.uk.com/video> You can pay for one here and collect it on your first day: <http://www.summerschool.uk.com/buy>

### CLOTHES - Activities

#### Sports Afternoons

You don't need any special sports kit but you do need clothes & shoes (sports shoes/trainers) suitable for playing volleyball, netball or football, going cycling or hill-walking or Zumba dancing. There may also be the option of swimming so bring a swimming costume.

#### Outdoor Activity Centre

We choose from a range of activities including raft-building and team-building which will involve you getting wet and dirty! Bring some **old sports shoes & old trousers** that you can wear in the water. Jeans & shorts are not allowed for this activity nor are sandals, shoes with heels or flip-flops.

#### Laser Quest

Ideally you should wear dark clothing so it's harder for your friends to find you!

#### Ice-skating

You will be given ice-skates but you will need comfortable clothes that protect your arms and legs as you will probably fall over!

**It is your responsibility to have the right clothes on the right days.  
If you do not then you may not be allowed to join in and may be  
given some written work instead.**