

## **PISCES - General Advice, Recommended Clothing and Equipment**

Please find below some helpful information for students enrolled on PISCES courses. This includes some general advice concerning pocket money and medical conditions plus a list of clothing and equipment that we would recommend to help you enjoy your stay with us.

When packing your luggage for your stay in England, please ensure that each item of luggage is clearly labelled with your name and home address.

### **CLOTHING**

For daytime and evening, you will need at least 3 complete changes of clothing. I would recommend that you include a selection from the following items.

T. Shirts, Shirts/Blouses, Shorts, Jeans/Casual Trousers/Jogging Trousers, Smart Trousers/Skirts/Dresses (for parties/discos), Sweat Shirt/Jumper, Warm Jumper/Jacket (for the evenings) Waterproof Jacket/Coat, 1 Pair Smart Shoes (for parties/discos), Sports Clothes and Shoes, Underwear, Socks, Nightwear, Baseball Hat/Sun Hat.

**It is essential to bring clothes that are suitable for the afternoon sports and activities.** SPORTS CLOTHES must include sports shoes and swimwear. Otherwise, you will not be able to take part in the afternoon activity programme.

### **GENERAL EQUIPMENT**

- Rucksack/bag for school, sports and excursions (to hold a file, pens, sports clothes and packed lunch).
- Notebook/writing pad, pencils and pens for classes.
- Washbag and toileteries - eg toothpaste, toothbrush, shampoo, soap, hairbrush/comb and sun tan lotion (very important for students with pale skin)
- Sports/beach towel.
- Small umbrella.
- Camera (optional)
- Hairdryer (optional)
- Sunglasses (optional)
- Adaptor plug for electrical items

### **STUDENT BANK**

The school operates a student bank for the safe keeping of pocket money, passports and flight tickets. You can deposit money on the first day of school and withdraw money as required. The student bank is open daily from 12.30 to 13.00. We would recommend approximately £60.00 pocket money per week for small purchases such as postcards, souvenirs, soft drinks etc.

### **MEDICATION**

If you need to take medication, please can your parents/guardians ensure that the school is made aware of your medical condition and the type of medication required (on the enrolment form or by separate letter if you prefer). It is important that the school is aware of your needs in case of emergency. All medical information will be treated in confidence. Please note that neither the school nor the Host Family can be held responsible for students who fail to take their medication.

