

## Grade 7 Experience Week Packing List

Below find a suggested list for your packing. It is only provided as a guideline and is not intended to be all encompassing.

### Clothes

Shorts/skirt 2 or 3 pairs	Trainers/sandals 1 pair
Long pants 1 or 2 pairs	Underwear enough changes
Shirts/t-shirts etc 4 or 5	Socks enough pairs
Fleece or jumper 1	Light small towel or sarong 1
Lightweight waterproof jacket 1	Swimming costume 1
Good walking shoes or boots 1 pair	Hat and collapsible umbrella

\*Please note: TIS uniforms must be worn on the upper body during all flights.

### Laundry

As we are moving quite a bit, do not rely on hotel laundry services when deciding what to bring.

### Wash bag

Soap	Small packs of tissues 5
Toothpaste / toothbrush	Wet ones 1 pack
Shampoo / conditioner	Toilet paper - 1 roll
Sanitary towels	Reusable water bottle
Deodorant	Flashlight & Sunscreen
Mosquito spray	

### Medication

Chaperons should be notified of all prescription medicine. Prescription medicine should be accompanied by a copy prescription and a note explaining the purpose of the medication.

### Reading and writing material

Remember, we are moving quite often so it is suggested to keep this light. Bring a notebook and pen, so that you can keep a diary!