

Packing Guide

exsportise

Item	Quantity	Check
Casual/Leisure Wear		
T-Shirts/Tops	7+	
Jumpers/Sweatshirts	5+	
Trousers/Shorts/Bottoms	5+	
Socks (casual)	7	
Underwear	7+	
Indoor Shoes (slippers)	1 pair	
Leisure Wear		
Nightwear	2	
Swimwear	2	
Waterproof Jacket	1	
Other		
Bathing Towel	1	
Swimming Towel	1	
Wash bag with Toiletries	1	
Backpack for Excursions	1	
Hat/Cap for sport/sun protection	1+	
Water Bottle	1	
Sun Cream	Plenty	
Prescribed medication only.		
Hairdryer		
UK Plug Adaptor	1	
*Mobile Phone	1	
*Camera		
*Ipod / Tablet		
Books/Reading Material		
For Girls		
Sports Bras	5+	
Sanitary Products		
For Hockey - enough for 7 days		
Mouth Guard/Gum Shield	1	
Shin Pads	1+	
Astroturf Shoes	1+	
Hockey Stick	1+	
Hockey Socks	5+	
Shorts/Skirts	5+	
T-Shirts/Tops	5+	
Goal Keeping Gear for Goalies		
For Golf - enough for 7 days		
Collard Shirt with Short or Long Sleeves	5+	
Tailored Trousers or Shorts	5+	
Waterproof Top & Trousers	1	
Sweatshirt/Warm Top	2	
Socks	5+	
Golf Shoes or Trainers for Beginners	1+	
Golf Clubs not compulsory- to be insured separately	1 set	
For Tennis - enough for 7 days		
Tennis Shirts	5+	
Tennis Shorts/Skirts	5+	
Tennis Shoes/Light Trainers	1+	
Tennis Socks	5+	
Tennis Racket	1+	

Item	Quantity	Check
For Soccer - enough for 7 days		
Soccer boots with more than 6 studs	1+	
Trainers	1+	
Shin Pads	1+	
Soccer Socks	5+	
T-Shirts	5+	
Shorts	5+	
For Basketball - enough for 7 days		
Sleeveless Vest Style T-Shirts	5+	
Shorts	5+	
Trainers	1+	
Sports Socks	5+	
For Rugby - enough for 7 days		
Rugby Boots with more than 6 studs	1+	
Mouth Guard/Gum Shield	1+	
Shorts	5+	
T-Shirts	5+	
Rugby Socks	5+	
Scrum Cap (optional)	1	
For Horse Riding - enough for 7 days		
Jodphurs or Long Trousers/Jeans	3+	
Riding Boots or Good Trainers	1+	
Riding Hat (can be supplied by stables)		
Wet Weather Clothes	1	
Sweatshirt	3+	
T-Shirts	5+	
Socks	5+	
For Dance - enough for 7 days		
Dance Shoes or Light Trainers	1	
Tracksuit Bottoms	3+	
Shorts/Skirts	3+	
T-Shirts/Leotards/Tights	5+	
Socks	5+	
For Music		
**Your own fully insured instrument unless hiring from Exsportise.		

*** EXPORTISE LTD CANNOT ACCEPT RESPONSIBILITY FOR:** laptops, cameras, mobile phones, Tablets, iPods, etc.

**Please note that our insurance only covers 1 item with a maximum value of £200.

Please do NOT bring any of the following:

- Expensive jewellery, clothing, luggage or electronic devices
- Excessive amounts of money in cash

Please ensure that your child does NOT bring:

- Knives (illegal)
- Cigarettes (illegal in the UK for students aged 18 and under)
- Lighters
- Drugs (illegal)
- Alcohol (illegal in the UK for students aged 18 and under)