



Checklist

Sports wear:

- 2 swim suits
- 1 beach towel
- 1 pair flip flops
- 1 pair sneakers
- 1 small backpack
- 1 cap or hat

Daily clothes:

- Shorts
- Pants
- 1 – 2 long-sleeve shirts
- T-shirts
- 1 sweater
- 1 raingear
- Shoes
- Underwear
- Pijamas/nightdress

Personal hygiene:

- 1 pair of plastic shoes for the shower room
- Comb/hairbrush
- Tooth brush
- Tooth paste
- Razors, shaving foam
- Sanitary towels, tampax
- Deodorant
- Shower gel + shampoo
- Sun block
- Sun glasses
- Laundry bag

Necessary documentation:

- Valid Passport or ID Card (at least 6 months)
- European health card (only EU citizens and Liechtenstein, Norway, Switzerland, Iceland)
- National health card (Spanish citizens and Residents in Spain)
- Private insurance card with insurance coverage in Spain (all other countries)

If you do not have any insurance covering expenses in Spain, a travel insurance is compulsory.

- + personal belongings which each student considers necessary to bring
- + Medication if the student suffers from a chronic disease, allergies or other ailment that requires special medication
- + charger for cell phone/computer
- + if necessary converter electricity 110 to 220V

Please mark the clothes as well as the towels with the student's initials so that they can be recognized easily when coming back from the laundry.