



Checklist

Sports wear:

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

Daily clothes:

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

Personal hygiene:

- 1 – 2 towels
- Comb/hairbrush
- Tooth brush/Tooth paste
- Razors, shaving foam
- Sanitary towels, tampax
- Deodorant
- Shower gel + shampoo
- Sun block
- 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 disease, allergies or other ailment that requires special medication
- + charger for electronical devices

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.