

## Luggage list

Please use a flexible and not too large luggage, ideally a backpack or a soft travel bag. This is more practical. You will carry your own luggage so bring only the strict necessary you will need !

### Clothes:

- underwear (for 11 days)
- socks
- pyjamas
- T-shirts/shirts/sweaters
- shorts/ jeans/sweat-pants/leggings
- 2 warm sweaters for the evenings
- light rain jacket
- swimming gear (x2)
- sport shoes (trainers)
- sandals and/or flip flops
- shoes that can get wet** for canyoning (trainers with hard soles, not boat shoes)
- in case you wear glasses, we advise you to look for a simple way to keep your glasses firmly on your head during watersports

### Toiletries:

- 1 bath towel
- 1 beach/swimming pool towel
- shampoo/soap
- tooth brush and tooth paste
- comb/ brush
- mosquito repellent
- lipsalve / lip-sunblock
- high protection sunscreen

### Additionaly:

- a **sleeping bag**
- a battery torch
- sun glasses
- a sunhat - cap
- a **drinking bottle** for day-excursions
- a **small backpack** for day-excursions
- a bag for dirty laundry
- a lock for your luggage
- 2 pens for workshops
- a power adaptor for French sockets**
- your favorite music for fun-evenings
- optional: your own musical instrument
- pocket money (our advice: 60 – 80 EUR per participant per camp)

### Important:

- your valid identity card or **passport** (depending of the country UE/non UE) + **Visa** if required
- number of your **medical insurance**
- FIL's adress and phone number (to put in your wallet)
- If you are bringing any medicines to FIL, these must be accompanied by a valid Drs prescription (dated within 3 months prior to camp). They must be carried in their original packaging with their instructions. These will be given to the Health Assistant responsible for ensuring your child receives their treatments as per their prescription. **The French Ministry of Youth and Sport prohibits camps like FIL to administer any medication without prescription!**

Valuable things, such as airline tickets, electrical devices, money, can be handed over to us upon arrival. We'll keep them safe for you so that you don't have to carry them around with you during your stay. Please note that all **knives are prohibited**.

### - Only for participant of the 'Cheval' programme (horse riding)

- comfortable trousers
- boots for horse riding, or sport shoes with laces (no Velcro-fasteners) + chaps (leg protectors)
- helmet, if you have one (if not, you can use one from our instructor)

**NB : We provide a laundry service only for those participants who are staying for 2 camps.**