

Please ensure all items are named

Essential to hand in

- Passport
- GHIC card
- Medication if needed in ziplock bag



To travel

- Guide uniform
- Comfortable mid size rucksack
- Neck pillow
- Optional Lightweight blanket
- Book /comic/magazine
- travel games eg dobble /trumps
- Pen and paper
- Tissues
- Small amount of sweets in container
- Travel bands optional
- Reusable bottle with drink

If your Guide gets travel sick please ensure they have a tablet before travel, then hand in a named packet for the rest of the trip.

Guides will need a packed

- Breakfast
- Lunch
- Tea

We will give you

Spending

The limit for spending money is £ _____

Please ensure they have enough for day trips, snacks etc. Please pack a named purse with UK money, Euros and bank card if owned. This needs to be in daybag.

Hygiene and health

- Wash bag
- Toothbrush and toothpaste
- Bar of soap in container
- Flannel
- Hairbrush and bobbles if long haired
- Deodorant
- Sanitary products
- Suncream (If summer)
- Travel shampoo /conditioner
- Optional makeup bag
- Glasses and spares /contacts
- Hand and bath towel

Other items

- Small wheeled suitcase
- Watch
- Travel alarm clock if owned
- Bag for dirty washing
- Small torch/batteries

Clothing

- Smart Guide uniform to travel
- 3 T-shirts
- 2 warm hoodies/top
- 3 pairs of warm bottoms or leggings
- 5 pairs knickers
- Bra's if needed
- 5 pairs of socks
- Nightwear
- Indoor slippers or cros
- 2 pairs of comfy footwear
- Gloves
- Warm coat



Phones and other electronics are not allowed to be brought unless required for medical devices. Girls can bring a disposable camera or inexpensive digital camera if they wish.

Extra items