

Luggage list

Summer Camp FIL



fil

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!

For sleeping:

- 0 1 pyjama
- 0 a sleeping bag



Clothes:

- 0 a bag for dirty laundry
- 0 Underwear (for 11 days)
- 0 socks
- 0 T-shirts/shirts/sweaters
- 0 shorts/ jeans/sweat-pants/leggings
- 0 2 warm sweaters for the evenings
- 0 light rain jacket
- 0 swimming gear (x2)
- 0 in case you wear glasses, we advise you to look for a simple way to keep your glasses firmly on your head during watersports



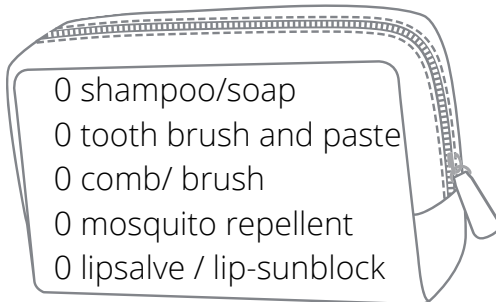
Shoes :

- 0 sport shoes (trainers)
- 0 sandals and/or flip flops
- 0 **shoes that can get wet** for canyoning (trainers with hard soles, not boat shoes)



Toiletries:

- 0 1 bath towel
- 0 1 beach/swimming pool towel
- 0 a toiletry bag with:



In addition:

- 0 a lock for your luggage
- 0 a power adaptor for French sockets
- 0 your favorite music for fun-evenings
- 0 optional: your own musical instrument
- 0 pocket money (our advice: 60 – 80 EUR per participant per camp)

Important to carry with you



- 0 your valid **identity card or passport** (depending of the country UE/non UE) + Visa if required
- 0 number of your medical insurance
- 0 FIL's address & phone number (in your wallet)
- 0 If you are bringing any **medicines** to FIL, these must be accompanied by a **valid Drs prescription** (dated within 3 months prior to camp) and must be carried in their **original packaging** with 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!

a backpack for day-excursions

- 0 a battery torch
- 0 sun glasses
- 0 a sunhat - cap
- 0 a drinking bottle
- 0 2 pens for workshops
- 0 1 packet of tissues
- 0 high protection sunscreen
- 0 mask against COVID (aprox 20)



Bienvenue!



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 weapons, knives, drugs as alcool are prohibited.

NB : We provide a laundry service only for those participants who are staying more than 11 days.