

Student Kit List Oct Romania Trips 2019

	Check	Work clothes	Check
BANK CARD for ATM Lei[Ron] £10.00 [50 Lei]		Work shirt x 2	
PASSPORT		Work Shorts or trousers	
EHIC Card		Strong walking boots / shoes	
		T-shirts	
Continental Adapter		Sunglasses	
MP3 Player and earphones		Hat for sun and Hat for the cold	
Camera ?		Eye protective glasses [Clear]	
Personal / Medical		Work gloves [B and Q] Fingerless?	
Suncream		Warm Jumper/ Fleece	
Insect repellent		Warm Jacket [Old]	
Any personal medication e.g inhaler, Ibuprofen		General clothes for evenings. No smart clothing required	
		Waterproof Top.	
Romanian Phrase Book [Optional]			
Mobile phone + charger		Football Shorts and Trainers We challenge the locals!	Optional
Water bottle with name Cycle bottle is ideal			
		Small backpack / rucksack	
Washbag -toiletries			
<p>Note: The weather is likely to be variable BUT the mountain walk could be very different. Please make sure that you you have sufficient clothes to keep warm at 1700 metres. Ie one good fleece and a good jacket</p> <p>*NOTE: There is a washing machine at the centre which can be used every day. Clothing can be kept to a minimum. In Summer temperatures it will dry in a very short time Towels are provided at both Hostels !</p>			

Baggage: You are limited to the following

Baggage: You can take one Large cabin Bag [55 x 40 x 23] Weight 10 KG

NOTE: No liquids over 100 ML to be in bags

Additional: You can bring a **small** empty rucksack for daily use. We will pack this in a team bag. We wear the bulky clothes to the airport to reduce luggage.