

## Packing List

### Ireland with a Host Family

#### Uniforme:

- On Loan
- Bring extra blue shirts and one more pair of trousers (dark grey) - if you can't find, this is easy to purchase in Ireland, with the teams help. No worries.
- Black leather shoes or black trainers with a black soles (no Vans/ Convers)

#### Sportswear

- Any kind of sports T-shirt: 10
- Plain dark shorts: 2
- Navy Blue Tracksuit (trousers + hoodie): 2
- Trainers/runners (non-marking soles): 1 - can be the same as uniform trainers if you want.

#### School Materials

- School bag
- Pencil case, maths set & calculator
- iPad or laptop to manage school assignments

#### Clothing

- Short and long-sleeved T-shirts: several
- Walking boots or old trainers (for excursions): 1
- Warm jumpers: 4
- Winter coat (dark colour preferred): 1
- Fleeeces & sweatshirts: 4
- Raincoat: 1
- Everyday outfits: 5
- Smart outfit for parties/family events: 1-2
- Swim trunks: 1
- Slides/flip flops, goggles & swim cap
- Sports towel (microfibre)
- Pyjamas: 3
- Slippers (or slides can be used) – shoes are usually removed indoors in Ireland
- Everyday shoes

#### Other Items

- Passport
- Police form to exit France - this can be asked for at passport control AST
- Copy of parents passport to accompany AST
- Letter of confirmation (school & host family details)
- EU Health Card
- Private health insurance (if you have)
- Water bottle (empty if in hand luggage)
- Toiletry bag with essentials for the first weeks
- Mobile phone
- Power bank, cables & plugs
- Small torch
- Small padlock
- Sports equipment (optional) - football boots for grass/ basketball boots etc if student wants to play
- Soft toy for sleeping (optional)
- Decorations/photos for bedroom (optional)
- Small gift for host family (recommended)