

THALES Foundation



Stasinou 36, Office 104, 2003 Strovolos, Nicosia, Cyprus T. +357 22 283 600

Summer camps can be an amazing experience! Proper packing can help you have a relaxing and fun summer camp.

PACKING LIST

- 1. Sleepwear pyjamas
- 2. Swimwear & Sunscreen
- 3. Swimming pool towel
- 4. Summer hat
- 5. Sandals/Flip-flops
- 6. Toiletries and personal items: bodywash, shampoo, hairbrush/comb, toothpaste & toothbrush
- 7. Antiseptic Gel for the hands required
- 8. Underwear, socks, deodorant, tissues
- 9. Insect repellent (mosquitoes)
- 10. Clothes for warm days: shorts & t-shirts or dresses (for girls)
- 11. Clothes for cold nights: sweater or light jacket
- 12. Sneakers/Trainers
- 13. Bring laptop or tablet and notebook
- The main courses of students (breakfast, lunch and dinner) are included in the hosting. For extra snacks, students may buy from the hotel's kiosk, so they will need extra pocket money.
- The use of cell phones during learning session is not allowed unless asked.
- If a student needs medications during the camp, it is important to keep in mind the following information:
 - 1. All medication required to be used by students should be communicated to the organizers.
 - 2. All medication must be brought to school in the original labeled container prepared by the pharmacy,
 - doctor, or pharmaceutical company. The label should include the following:
 - Student's name
 - Name of medication
 - $\circ \quad \text{Dosage of medication to be given}$
 - o Frequency of administration
 - o Expiration date
- <u>Emergency contact number during the camp</u>: +357 99052868 Ms. Lambri Makrides

We hope you found this list helpful, as we try to inform you about everything the student may need to have in order to have the best possible experience at the camp.