



## **Suggested Packing List - Summer 2019**

### **Packing Information**

- Flute (we advise you pack in your hand luggage to avoid damage)
- Music stand
- Pieces you would like to work on/perform, including piano accompaniment
- Swimming costume and beach towel (if you would like to use the pool) (please note for men and boys - only speedo type costumes allowed in the open air pool - no swim shorts)
- Sturdy shoes for walking and waterproof jacket just in case
- Sun Cream/ Sunglasses
- Smartish black clothes with a touch of purple (ie scarf/belt/tie) for performances
- EHIC Medical Insurance card and your insurance documentation
- Passport
- Euros (all food provided you just need money for the transfer and spending money)
- Any props you need for the talent show!

### **Yoga Information**

If you wish to take part in yoga you must have a sticky yoga mat – it's dangerous to use a towel or just the floor. You can buy light travel mats from various websites including Yoga Matters or Amazon for around £15 – don't go for the fancy ones at £35/40 – no need.

Also make sure you have suitable clothing and please bring a dressing gown belt or old tie (or a yoga belt if you have one!).