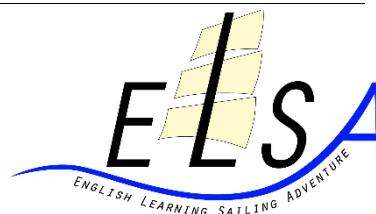


Equipment for the ELSA trip



clothes:	✓	other stuff:	✓
2 shorts		toilet bag	
2 pairs of trousers		personal medicine	
3 T-Shirts		tooth brush and tooth paste	
1 (longsleeve) shirt		shampoo and sanitary products	
a warm sweatshirt		if applicable a brace	
a warm fleece		towels + 1 tea towel	
underwear		books	
socks		things for writing like pens and a file	
wind and waterproof jacket		address book	
waterproof trousers		money, passport, credit card	
scarf		insurance card	
bonnet		vaccination card	
trainers		glasses/ sun glasses	
sandals		suncream	
shoes for sailing (2nd pair of trainers or wellies)		torch	
swimming clothes		daypack	
pyjama		water bottle	
possibly work gloves		sleeping bag	
		if you want to sleep on the deck a camping mat	
		pocket money	
For the English lessons:			
Pens		note pad	
scissors		lined booklet (DIN A5)	
glue stick		Workbook and text book of current school year (if available)	
small dictionary (if available)			

Please, don't bring any suitcases. It is a lot easier to fit bags and backpacks into the cabins.