

A few things you will need for your Host Family Stay



Checklist

- Your essential checklist
- Enough clothes considering your length of stay – consider the weather!
- Smart clothes if you are going out for the evening.
- Enough Underwear and socks for your stay
- Sports kit, perhaps a swimming costume & water bottle
- Night clothes
- Waterproof Jacket
- Indoor slippers
- Shoes- something appropriate for a wet and muddy winter!
- Any medication you need to take – please discuss with your host
- Summer-** Shorts, baseball cap/ sun hat & Sunscreen
- Winter-** Warm Coat, Hat and Gloves
- Wash bag-** Tooth brush, toothpaste, shampoo, conditioner, shower gel, deodorant, hairbrush. Towels
- Study kit-** Books, pencil case, notebook, laptop, chargers for laptops and phone.

Activities

How about having an idea for activities you'd like to do – cinema, bike ride, walk, or a game you'd like to share with your host?



Don't forget- to be a wonderful guest and say thank you to your hosts.