

Pre Camp Preparation

Please make sure that your child is fit and ready to begin their course when they come to camp.



ENGLISH ASSESSMENT

If your child is taking English classes, two weeks prior to your child's arrival at camp, he/she will be required to undertake an online English assessment in order to accurately assess his/her level of English when he/she starts camp. This will enable us to plan effective groups.

Details of this assessment will be sent to you just prior to that time.

Should you have any questions or require any further information in the meantime, please do not hesitate to contact us.

WHAT TO BRING



Clothing

Students will need to wear clothing suitable for performing their chosen sport, eg. trainers, shorts, t-shirts, protective gear, etc as well as general sports clothes. In their free time, especially evenings, students are free to wear what they like. It is advisable to bring waterproof clothing and something warm as well as summer clothes. All clothes should be machine washable and suitable for tumble driers and **clearly marked with your child's name.**



Laundry

If your child is staying for one week then they will need to bring about 7 days' worth of clothing. If he/she is staying for more than one week then we offer a free laundry service every week. Clothes will be collected, washed, dried and returned approximately 2 days later as long as they are marked with your child's name.

Exsportise Insurance only covers one item of personal belonging up to the value of £200. Please make sure you take out extra insurance if your child's sport equipment is of greater value than this!



Toiletries

Your child will need a small bag containing personal toiletries. We recommend that these are also marked with your child's name.



Sports Equipment

If your child is doing a sports course then we do recommend that they bring their own sports equipment.

Please make sure that the item is well packed with plenty of protective covering to ensure that it arrives and returns in good condition.

All sports equipment (case included) must be clearly marked with your child's name.

We do have a limited supply of sports equipment at camp for those trying a sport for the first time or those who have problems carrying or bringing their own things with them.



Passports, Tickets & Pocket Money

We recommend that your child brings a small amount of pocket money for souvenirs, snacks and incidental shopping. Children staying for more than a week will go on at least two excursions, and will also enjoy a programme of evening entertainment, which may be off site for older children.

All passports, tickets and pocket money will be kept by the Centre Manager or Centre Administrator for safekeeping.

Below is a guide as to how much pocket money you should give your child.

PLEASE DO NOT GIVE YOUR CHILD EUROS OR ANY OTHER CURRENCIES.

THERE ARE NO EXCHANGE FACILITIES AVAILABLE.

All pocket money should be in British Pounds Sterling.

Pocket Money – Recommended amounts:

1 week stay	Age 10 - 14 years	Max £30.00	£5, £1 or 0.50p
1 week stay	Age 15 – 17 years	Max £60.00	£10, £5, £1 or 0.50p
2 week stay	Age 10 – 14 years	Max £90.00	£10, £5, £1 or 0.50p
2 week stay	Age 15 – 17 years	Max £180.00	£10, £5, £1 or 0.50p



Electronic Devices & Valuable Items

Your child might want to bring valuable items to camp like iPods, tablets, phones, cameras etc. We recommend they hand them in to the Centre Manager or Centre Administrator on arrival for safe-keeping.



Typical UK Prices

Packet of Crips/Chips	£0.50 - 1.00
Can of Coke/Bottle of Drink	£1.00 - 2.00
CD/DVD	£10.00 - 15.00

The majority of our venues run their own tuck shop most evenings* where students can buy a snack or drink. Fresh fruit is available throughout the day free of charge.

OUNDLÉ ONLY

On arrival at Oundle a £30 deposit will be required for each child. Please send your child with £30 in pounds sterling in addition to their pocket money to cover this charge. It will be returned in full upon departure assuming no loss or damage has been incurred.

EXSPORTISE CANNOT ACCEPT RESPONSIBILITY FOR: LAPTOPS, CAMERAS, MOBILE PHONES, TABLETS, IPODS, ETC.

Packing Guide

Exsportise has a recommended packing list for your convenience which is detailed overleaf.

A free laundry service is offered mid week. Students staying for one week should bring approximately 7 days' worth of clothes with them.

If anything is unclear or if you have any questions, please do not hesitate to contact us.

PRE-DEPARTURE CHECKLIST

Please click relevant check boxes.

Task	Tick
Passports	<input type="checkbox"/>
Tickets	<input type="checkbox"/>
Pocket Money	<input type="checkbox"/>
Parental Consent Travel Form	<input type="checkbox"/>
Visa & Immigration Documents	<input type="checkbox"/>
Insurance Documentation	<input type="checkbox"/>

Please ensure that all items are marked with your child's name.

Each child will also be provided with an Exsportise t-shirt and drinking bottle at camp.

TOWELS

Please note that all bedding will be provided but **THAT TOWELS ARE NOT PROVIDED**, so students should bring their own.



Item	Quantity	Check
Casual/Leisure Wear		
T-Shirts/Tops	7+	<input type="checkbox"/>
Jumpers/Sweatshirts	5+	<input type="checkbox"/>
Trousers/Shorts/Bottoms	5+	<input type="checkbox"/>
Socks (casual)	7	<input type="checkbox"/>
Underwear	7+	<input type="checkbox"/>
Indoor Shoes (slippers)	1 pair	<input type="checkbox"/>
Leisure Wear		<input type="checkbox"/>
Nightwear	2	<input type="checkbox"/>
Swimwear	2	<input type="checkbox"/>
Waterproof Jacket	1	<input type="checkbox"/>
Other		
Bathing Towel	1	<input type="checkbox"/>
Swimming Towel	1	<input type="checkbox"/>
Wash bag with Toiletries	1	<input type="checkbox"/>
Backpack for Excursions	1	<input type="checkbox"/>
Hat/Cap for sport/sun protection	1+	<input type="checkbox"/>
Water Bottle	1	<input type="checkbox"/>
Sun Cream	Plenty	<input type="checkbox"/>
Prescribed medication only.		<input type="checkbox"/>
Hairdryer		<input type="checkbox"/>
UK Plug Adaptor	1	<input type="checkbox"/>
*Mobile Phone	1	<input type="checkbox"/>
*Camera		<input type="checkbox"/>
*Ipod / Tablet		<input type="checkbox"/>
Books/Reading Material		<input type="checkbox"/>

Item	Quantity	Check
 For Soccer - enough for 7 days		
Soccer boots with more than 6 studs	1+	<input type="checkbox"/>
Trainers	1+	<input type="checkbox"/>
Shin Pads	1+	<input type="checkbox"/>
Soccer Socks	5+	<input type="checkbox"/>
T-Shirts	5+	<input type="checkbox"/>
Shorts	5+	<input type="checkbox"/>

*** EXPORTISE LTD CANNOT ACCEPT**

RESPONSIBILITY FOR: laptops, cameras, mobile phones, Tablets, iPods, etc.

**Please note that our insurance only covers 1 item with a maximum value of £200.

Please do NOT bring any of the following:

- Expensive jewellery, clothing, luggage or electronic devices
- Excessive amounts of money in cash

Please ensure that your child does NOT bring:

- Knives (illegal)
- Cigarettes (illegal in the UK for students aged 18 and under)
- Lighters
- Drugs (illegal)
- Alcohol (illegal in the UK for students aged 18 and under)