

Suggested Kit List for Azores

Clothing

The weather in the Azores can be very changeable, ranging from hot and sunny to windy and wet, all in the same day. It is essential to bring a range of layered clothing, sun protection and waterproofs to ensure you can dress accordingly. We also advise all group members to carry a change of clothing in case you get wet.

- **Walking Boots/ sturdy footwear:** these should have a strong grip to cope with the conditions, which could be muddy or wet and may be steep and uneven with loose stones
- **Warm socks** (at least 2 – 3 pairs depending on the duration)
- **Waterproof outerwear:** a good wind and rainproof jacket with a hood and rainproof trousers or leggings are essential
- **Warm hat** and **gloves** (a scarf or shawl may also be useful)
- **Layered clothing:** thermal t shirts, long-sleeved t shirts, jumpers and fleece
- **Trousers:** warm outdoor or walking trousers. Keep jeans for indoors where it is warm and dry.
- **Long johns:** if you are going in the winter months they can be very useful to keep warm
- **Indoors:** the accommodation is warm and comfortable so normal clothes and trainers for inside are fine. Travel slippers or slipper socks are useful too for indoors
- **Sleepwear:** hostel accommodation is of a good standard and rooms are warm and comfortable. Pyjamas are adequate.

General Items

- **Day bag/ rucksack:** rucksacks are more suitable for trekking than a shoulder bag or satchel
- **Field Study equipment:** as determined by the school/ college
- **Sun protection:** sunglasses, sun cream, lip balm and moisturiser/ after-sun protection
- **Insect repellent** (summer time)
- **Camera** and **batteries**
- **Power adaptors**
- **Swimming suit** and **towel**
- **Sleeping bag, pillow case** and **towel** (if applicable)

Other

- **Glasses:** should you wear contact lenses then we recommend bringing a spare pair of glasses as unfamiliar conditions can make wearing lenses very uncomfortable.

Medication

Please remember to bring any medication required during your stay. Over-the-counter and prescription medicines may require a doctor's letter confirming that the drugs are medically required and have been obtained legally. Please contact the relevant Embassy of the country you are travelling to in order to check transportation rules before travel.

Luggage

We recommend taking as little as possible whilst ensuring you have sufficient to enjoy your trip. Taking too much luggage can be a nuisance, especially if you exceed luggage limits on the flight, or wish to bring souvenirs home. It is recommended that both students and teachers are able to comfortably carry their luggage themselves.