



STUDENT DELEGATES PACKING LIST – RSIC 2023

Essentials

- Your passport
- Visa (if required)
- Travel tickets
- Vaccination certificate (if required)
- Travel and Medical insurance documents (your school may hold these – please check)
- Any required medicines

Clothing

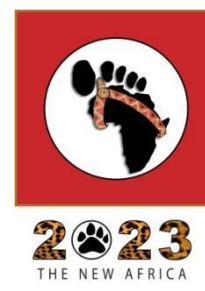
- School uniform (or smart dress if you don't have a uniform) for the Conference Opening Ceremony on 9th October
- Your costume if you are performing for the Cultural Evening
- Everyday wear : t-shirt / tops / jumper + jeans / pants / skirts
- A lightweight waterproof jacket
- A set of sportswear for physical activities (e.g. tracksuits / leggings & t-shirt)
- Swimwear (optional)
- Socks (including at least 2 pairs each of walking and sports socks)
- Underwear
- Sleepwear
- Hat or cap
- Sunglasses

Footwear

- A pair of smart shoes for dressier events
- Trainers / comfortable walking shoes
- Sandals / flip flops

Toiletries

- Toothbrush and toothpaste
- Shampoo / conditioner
- Shower gel / soap
- Hairbrush
- Moisturizer
- Sanitary / hygiene products (if required)
- Optional – small personal first aid kit (including plasters)
- Small personal towel (towels for showering will be provided in the hostel)
- Sunscreen
- Mosquito repellent



Technology

- Universal travel plug
- Camera / phone and charger
- Spare batteries / chargers (if available)
- Power Pack / USB portable charger (if available)

Other

- Personal spending / pocket money in US dollars OR Kenya Shillings
- 1 litre re-usable water bottle for carrying around as we will not be providing a water bottle
- Optional: reusable insulated travel cup for tea / coffee
- Pin badges to swap with other delegates
- Small overnight bag /rucksack/ backpack for adventure day
- Small torch
- Small gift items for your home stay family hosts

Things you don't need or we'd prefer you didn't bring

- You don't need to bring any bedding, pillows, sleeping bag etc. all bed linen will be provided
- Please don't bring expensive or valuable jewellery or unnecessary / high value technology (eg laptops) so that you do not have to worry about looking after such items and keeping them safe. Please note, the host school cannot take responsibility for these items.
- For the same reason, we recommend you don't bring expensive / designer clothing.
- Please check the voltage on your electrical equipment and don't bring any that is not compatible. It can be really dangerous to use an electrical appliance that is rated a voltage different from the supply.

Look after your luggage in transit

- If your suitcase doesn't have a built-in lock, see if you can padlock it or otherwise secure it for travel
- Ensure all luggage is labelled, both outside and inside the bag
- Carry important documentation, medicines etc. in your hand luggage.
- If your suitcase / luggage is not distinctive, try to make it stand out in some way with a bright ribbon or sticker so that it is easy to spot on the luggage carousels

In your hand luggage

- 1 school flag per school, carried in hand luggage, to hand in at the registration desk upon arrival
- It is a good idea to carry a change of clothes in your hand luggage in case your suitcase doesn't arrive at the same time as you. This is particularly recommended if you are travelling long-haul.
- You might also want to carry tiny toiletries (travel toothbrush and toothpaste, lip balm, moisturizer, hand wipes) in your hand luggage. Be sure to pack any liquids in a see-through bag for travelling through security.

Note

- If you are doing a pre or post conference tour, kindly check with your tour company for any additional items required.