

Clothing

Walking Boots/Sturdy Footwear

These should have a strong grip to cope with the conditions, which may be steep and uneven. Pack blister plasters if you aren't used to wearing them

Hiking Socks

One pair for each day of your trip

Layered Clothing

A combination of long-sleeve and short-sleeve tops, as well as sweaters and a lightweight jacket

Trousers

Outdoor/walking trousers are required in all seasons. Opt for lightweight sportswear and synthetic fabrics which dry quickly

Waterproof Outerwear

A good wind and rainproof jacket with hood and waterproof trousers are essential as the weather can change without warning

Swimwear and Towel

Older and darker coloured swimwear is advised in the thermal pools

Sleepwear

Rooms are warm and comfortable, standard pyjamas are advised

Day Bag/Rucksack

Ideally a backpack as this is more suitable for walking and trekking

Sunglasses and Sun Hat

Toiletries

Suncream

The sun can be very strong in the Azores, so sun protection is required even on cloudy days

Insect repellent

Required in the summer months

Glasses/Contact Lenses

We recommend bringing a spare pair of glasses as dusty conditions can make wearing lenses very uncomfortable

Medication

Some medicines may require a doctor's letter confirming that the drugs are medically required. Check with the embassy about the rules for entering the Azores before you travel

Miscellaneous

Power Adaptors

The Azores uses a standard European two-prong plug (type F)

Waterproof Bag

Useful to put wet clothing in so that other items in your bag are kept dry

Lunchbox

Check with your travel specialist if required on your trip

Phone

Camera

Chargers

Reusable Water Bottle

Field Study Equipment

Binoculars

Important Documents

Passport

Take photocopies of all those travelling in your group as well

Itinerary

Travel Insurance

Emergency Contact Information

Dietary Requirements List

Luggage

We recommend taking as little as possible whilst ensuring you have all the essential items for your trip. Check that the weight of your luggage does not exceed the maximum allowance, and that you and your students are able to comfortably carry your own bags