

What to Bring

Notepad and pen

Comfortable shoes and casual clothing for the archaeological field trip

Remember we are in Wales! A waterproof jacket and warm clothes

Plenty of changes of clothes for your two-week stay

Sun tan lotion (you never know!)

Night clothes and toiletries

Hair dryer, straighteners (if necessary)

There will be an 'Award Ceremony' on your last night to celebrate your time on the Lampeter campus. So you may want to bring something a bit smarter to wear, too!

Spending money (please note, all meals are provided for you and you will receive your £50 deposit in instalments, so you will not need to bring a lot)

Swimwear*

Swimming towel*

Sports clothes*

Please do NOT bring:

Towels or bedding as these will be provided

Expensive jewellery or other sentimental items

Electronic equipment

Large amounts of money

Sharp objects

Bicycles, skateboards, in-line skaters or scooters

Laser pointers

Alcohol or any illegal substance

*these items are optional as you will have a choice if you would like to go swimming/take part in sport activities.