

## UK Kit list

This is what you will need at least:

Quantity	Items	Explanation
1	Padlock	with two keys or combination
	Personal toiletries	Include soap, shampoo, deodorant, toothbrush, toothpaste, shaving kit etc.
1	Bath towels	
	Casual clothes (t-shirt, jeans, shorts etc)	Enough for 14 days*
	Underwear	Enough for 14 days*
	Socks	Enough for 14 days*
1 set	Shirt and trousers/skirt or dress	formal dinner clothes (Tie is optional)
	Night dress/ night shirt	
1	Fleece jacket	
1	Waterproof jacket / Windbreaker	
	Sportswear	
1	Swimsuit	A swimsuit is required
1 pr	Casual shoes	
1 pr	athletic shoes	
1	Military Uniform	Battle Dress
1	Boots	
1	Small backpack	
1	Sunscreen	According to skin type
1	Insect Repellent	
	Alarm clock (battery powered)	
Miscellaneous and optional	camera, CD player, mobile phone etc	You need to arrange roaming for UK

### Notes:

1. Please note Countries should arrange for escorts and cadets to casual civilian clothes for farewell B-B-Q
2. **THE ACE (UK) OR ITS ESCORTS ARE NOT RESPONSIBLE FOR ANY STOLEN, LOST OR MISSING MONEY OR PERSONAL ITEMS**
3. It will be possible to do laundry (1-2 times) during the two weeks in the UK
4. The weather in the UK during July can vary from year to year. When you start packing please check the weather forecast on the Internet.
5. Useful Information:
  - a. **Army Cadets**  
[www.armycadets.com](http://www.armycadets.com)  
[www.glosarmycadets.co.uk](http://www.glosarmycadets.co.uk) – (Your Hosts)

# Rules of Behaviour for the Army Cadet Exchange Programme

General Remarks:

During the whole exchange programme, please be aware that:

- a. You are a guest in a foreign country
- b. You do not only represent yourself, but also your home country
- c. You may encounter foreign customs and rules

## PREREQUISITS FOR A SUCCESSFUL AND INTERESTING EXCHANGE PROGRAMME

Y o u



- .....take part in the programme actively
- ..... accept that you are part of a team and act accordingly
  - ..... stick to the rules given by your Adult Leaders
- .....try to solve problems in a peaceful and sophisticated manner
  - ..... always be on time
  - ..... stay away from alcohol and drugs
- ..... accept decisions made by your group or your escorts