

NYO Tour to Provence July 2025

CHECKLIST OF THINGS TO TAKE

Instruments, music, music stand (clearly named), spare strings/reeds etc. Cellists and bass players need floor protectors. Clothes pegs for music would be useful just in case its windy and a set of elastic travel straps might be useful for securing instruments when travelling. You are responsible for your own instrument insurance.

Concert dress: black dresses or trousers / skirts plus black top. Shoulders should be covered but short sleeved shirts are fine. Dresses or skirts must be long and wide enough to drop to mid-calf or below when seated. No ties.

YOUR PASSPORT!!!

Toiletries and sun cream (it is likely to be very hot!)

2 towels:

- You will need one for the shower (or you can hire one for 2 euros)
- Swimming costume and towel – there is a pool at the hostel!

Personal medication

Mobile phone and charger

Student cards

EHIC - European Health Insurance Card (if you have one that is still in date) or **GHIC - Global Health Insurance Card** (if you want to get one). Please check the terms of these and the travel insurance provided by Rayburns to inform your decision. If you apply for a GHIC and it doesn't arrive before we go, you can still get help with emergency treatment with a **PRC - Provisional Replacement Certificate**

Warm weather clothes, sun hat / cap. It is potentially going to be very warm whilst we are away. Average temperatures in July are above 30C. Pack clothes which are lightweight, loose fitting and avoid man-made fibers. Cotton and linen are more breathable and will keep you cooler. Churches can be strict about covering shoulders and legs. You may wish to bring a pashmina, sarong or similar to cover your shoulders / legs if required.

Lightweight waterproof jacket just in case!

Comfortable shoes to wear whilst sight-seeing.

A sensible bag to carry around with you – try to use one that is as “thief-proof” as possible. Backpacks with zipped pockets at the back (i.e., not facing outwards) are probably the safest to have, or cross body bags which are advertised as “anti-theft.”

Optional items: camera, hair drier, headphones/air pods, books/kindle, small game/pack of cards – bear in mind it is a long coach journey!

Money: enough to buy a meal (lunch or dinner) on four days plus snacks. You also have two 24-hour coach journeys. Whilst you can bring some food with you for the first part of the journey, you will need money for meals during the journey to France and then back to the UK.

We have booked two excursions with the tour company – we will collect payment in euros whilst we are away. Please have **20 euros available** (it will be less than this and we will give you change!). The amphitheater in Arles costs 4 euros and the boat trip is 15 euros.

You may want further money for any other sightseeing and any presents / shopping you want to buy. You may wish to take a mixture of euros and bank card but check whether you need to let your bank know before you travel!

LUGGAGE (please label each item)

Please limit your luggage to:

- * One suitcase or holdall (pack your music and stand in this)
- * Your instrument/s
- * One small piece of hand luggage with things for your journey.
- * You can bring a pillow for the coach if you wish.