

What should I bring?

Administrative Things - IMPORTANT

Please scan your passport and send this digital document to: medsgent@urbanhaven.be. This with mention of: your name and country.

Things to remember

You can literally bring anything you like, however you absolutely need to not forget to bring the following items:

- > Health insurance: You don't get in without this, whatever version of it you have to bring a copy.
- > Safety Shoes: If you have them bring them, normal trainers are fine too but working with power tools and flip flops is how you lose a toe.
- > Gloves for manual work: Again, if you have them, bring them!
- > Stuff to write/draw with: We will have plenty of paper but any writing tools you want you should bring with you.
- > A lock: With key or combination doesn't matter, you need this for your locker.
- > A Sleeping Bag: We have mattresses but you need something to sleep in.
- > Towels: After showering or swimming.
- > Sun/Rain Cloths: It will be hot, cold, wet and dry. Dress accordingly.
- > Sunscreen: Always be prepared for the sunny days!
- > Swimwear: If you want some refreshment
- > Cold medication: Yes it's August but every year someone gets sick and it spreads like a plague, bring strepsils, nose sprays, paracetamol and that thing you drink with hot water.
- > A water bottle: Our tap water is delicious so let's think about the environment and reuse our bottles ;)
- > Adaptor and chargers: Think about the European plug (two-pole, round-pin domestic).

Optional

- > Camera and laptop: If you think you will need it for the workshop.
- > A torch: It can be useful to find your way to the toilet.
- > Skateboards: We are right next to an awesome skate park, if you've got a skateboard a perfect way to injure yourself this MEDS is by skating.
- > An instrument: A guitar or vuvuzela, if you can share the gift of music then do so.