



AL-ASR

*Striving For Education
and Cultural Awareness*

In the name of God Most Compassionate Most Merciful

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SVC Recommended Item

One must carry toiletries like towels, toothpaste, toothbrush, contact lenses and accessories as hand luggage.

Students are expected to have their own prayer rug, mohr/Sajdagah, tasbeeh and dua books etc.

Suitable footwear is required, as the programme will involve considerable walking and flip-flops are required for indoors.

One Jumper/Sweater in case the weather gets cold. An Iron, washing powder, pegs and hangers may also be useful.

Take spending money in Fifty Pound notes or US Dollars notes of fifty or hundred, as these will attract higher exchange rate. Do not take Travelers Cheques.

Travel insurance is the student's own responsibility and should be arranged prior to departure.

It is the responsibility of students to seek advice regarding travel immunisation from their medical doctor. Any information of illness/treatment that requires special medical attention must be provided in full to the Course Leader. This information will be kept strictly confidential. Take quinine, anti malaria tablets 1 week before the trip or as prescribed by your medical doctor.

Students will require a notebook or exercise book for making notes during trips and during the classes.

Keep your luggage to the minimum. On your return journey the maximum weight allowed is 22 kg.

Please mark all your clothing and luggage clearly.

Please see overleaf



Faith Action Truth Patience

SVC Checklist

Follow the checklist below.

Passport (given at airport on departure)	Medical	
1 Suitcase & 1 Small Hand Luggage (carry-on)	Contact Lenses	
Snacks for the airport	Spare eyeglasses	
Spending money (£200/\$300 minimum)	Vitamins	
Toiletries	Glucose Tables	
Toothbrush	Lozenges	
Toothpaste	Paracetamol	
Comb	Medication (if any)	
Towel	Medical Prescription (if any)	
Toilet Paper (2)	Laundry	
Deodorant	Washing Powder (tablets recommended)	
Soap	Pegs	
Shampoo	Clothes Hangers (compact)	
Razor	Hardware	
Shaving Cream	Watch	
Nail Clipper	Travel Alarm	
Scissors	Iron	
Perfume/Aftershave	Notebook	
Tweezers	Diary	
Sanitary Towels	Pen	
Cotton Swabs	Camera	
Clothes	Film	
Casual Clothes (2 pairs maximum)	Food	
Underclothing	Powdered Milk	
Socks	Sugar Cubes	
Belt	Tea Bags	
Jumper/Sweater	Coffee	
Male Uniform	Chocolate	
Black trousers (2 minimum)	Cereals	
White Shirts - Full Sleeve (3 minimum)	Snacks (crisps, wafer, etc)	
Female Uniform	Pickle	
Black/Blue Light Material Cover coat	Chili Sauce	
Black/Blue Head scarf (2 minimum)	Biscuits	
Footwear	Optional Items	
Leather Shoes Black/Blue	Kettle or Electric Tea Maker	
Flip flops or Plastic Sandals	Travel Plug	
Sports	Insect Repellent	
Swimming Costumes/Shorts	Cockroach spray/powder	
T-Shirt	Cup	
Jogging Bottoms/Tracksuit Bottoms	Water Bottle	
Trainers	Sunglasses	
Prayer Equipment	Travel Guide For Iran	
Prayer Rug	Travel Insurance	
Sajdagah/Mohr		
Tasbeeh		
Prayer Book		