



ESC BOHINJ – PACKING LIST

European Solidarity Corps volunteering in Bohinj

This list is for selected volunteers preparing for an ESC activity at Gozdna šola ZTS Bohinj / Forest school Bohinj in Ukanc. The activity takes place in a scout and outdoor environment in Triglav National Park. Weather can change quickly, so pack practical, comfortable and weather-resistant items.

Before you pack

Travel light, but bring clothes suitable for outdoor work, shared living and changing mountain weather. Final instructions on bedding, laundry and accommodation type must be confirmed by ZTS before travel.

1. Documents and essentials

- Valid ID card or passport.
- European Health Insurance Card, if applicable, and any other health or insurance documents requested by ZTS/supporting organisation.
- Travel documents, tickets and arrival information.
- Emergency contact information.
- Bank card and/or some cash.
- Mobile phone, charger and adapter if needed.
- Personal medication, with instructions if relevant.

2. Clothing

- Underwear and socks for several days.
- T-shirts and long-sleeve shirts.
- Long and short trousers suitable for outdoor tasks.
- Warm sweater, fleece or hoodie for cold evenings.
- Rain jacket or waterproof coat.
- Comfortable clothes for free time and sleepwear.
- Swimwear.
- Clothes that can get dirty during practical or outdoor tasks.





3. Footwear

- Hiking shoes or sturdy outdoor shoes.
- Comfortable sports shoes.
- Sandals or flip-flops for showers and free time.
- Extra pair of shoes, if possible.

4. Hygiene and personal care

- Toothbrush and toothpaste.
- Soap or shower gel, shampoo and deodorant.
- Personal hygiene products.
- Towel.
- Sunscreen and insect repellent.
- Small personal first-aid items, for example plasters.
- Laundry bag for dirty clothes.

5. For the programme and outdoor activities

- Small day backpack.
- Reusable water bottle, preferably 1-1.5 L.
- Hat or cap for sun protection and sunglasses.
- Notebook and pen.
- Headlamp or flashlight.
- Power bank, if available.
- Work gloves, if you already have them. ZTS will give task-specific instructions on equipment when needed.





6. Sleeping equipment

- Sleeping arrangements: ZTS can provide bedding, including a sheet, pillow and pillowcase, or a sleeping bag. Please let us know in advance which option you prefer. You are also welcome to bring your own bedding or sleeping bag.

7. Recommended personal items

- Earplugs, especially if sharing a room or sleeping area.
- Quick-dry towel.
- Books, cards or small games.
- Small cultural item, recipe or snack from your country for intercultural evenings.
- Personal musical instrument, if you play one and can transport it safely.

8. Do not bring / avoid bringing

- Expensive valuables that are not needed for the activity.
- Too much luggage.
- Items that cannot safely be stored in shared accommodation.
- Alcohol, drugs or other prohibited substances. These are not allowed at TC Bohinj.
- Knives, tools or restricted items unless ZTS explicitly asks you to bring them and you can transport them legally.
- Pets, unless this has been explicitly agreed with ZTS and TC Bohinj before travel.



