



# Hay Al-Sharooq International School

## Excess Baggage: Advice for New Staff

Below is a list of items you may wish to bring with you as excess luggage.

### **Clothes**

- Formal work clothes (please see the School policy on acceptable dress)
- Summer clothes, including a smart dress/dinner jacket for formal events
- Walking boots for hiking (often hard to find in Sur)

Clothing and shoes are not cheap in Sur, so it is often wise to bring such items with you.

### **Books**

- Pocket sized Arabic phrasebook
- English books and magazines or kindle/tablet

### **Personal Items:**

- SIM unlocked mobile phone
- International Driving Permit/Licence
- Small ornaments, photographs, pictures and/or posters

Some apartments would welcome a personal touch, and such small items can make all the difference when making your accommodation into your home.

### **Bedding**

Bedding is available, as locally-sourced items are always provided at School accommodation, but additional material or styles more to your liking or can be expensive to buy in Oman.

### **Bathroom:**

- Towels
- Flannels
- 'Preferred' Toiletries

Toiletries are available at local supermarkets and shops, but some less well-known brands may not be easily available.

### **Medication**

- Prescription medication (a few month's supply)
- Homeopathic/ herbal medication
- Anti-Histamines

Pharmacies are generally inexpensive and very common in Sur, so you will not need to bring over the counter medicines. If you have children, frequently used medication such as Calpol is sensible to bring with you

### **Food**

You may find certain treats or preferences are hard to find. Local versions of most foods are available, but this is a matter of personal taste. If you have the luggage allowance, you may wish to stock up on a few of your favourites. There are fewer options for people with gluten free diets and very limited fat-free or sugar-free options, although there is less added sugar

in many day-to-day products such as bread. Pork products and Alcohol are not available in local shops in Sur, and certain items will require a license to purchase.

### **Finance and Banking**

The School has a relationship with Bank Muscat and all staff will have help with opening an account which salary is paid into monthly. Transferring money back to international or UK accounts will incur a charge which differs depending on the bank involved. A non-UK based account can be extremely useful to avoid paying UK tax when repatriating money – the Isle of Man, Jersey and Guernsey are common locations for such accounts which can be opened through most High Street Banks. If you do not have such an account and you wish to open one, then it would be easier to open an account in your home country before you arrive.

### **Sports equipment**

Opportunities to participate in various outdoor activities such as hiking, running, trekking, mountain biking, scuba-diving, sea-kayaking and sailing exist in Sur and locations further afield. Many members of staff already enjoy these activities on a regular basis and they will be happy to share information. Outdoor equipment can all be found in Oman at a similar price to that of Europe. Most equipment can also be hired in Sur, but in the long term it may be best to buy your own. If you have your own equipment and the space, you may wish to bring it with you.

### **Other items**

- Arabic language phrase books and/or downloaded material
- Torch (for the occasional power cut)
- Sunglasses
- Backpacks
- A small supply of Clothes hangers for your first few days
- BluTak (rare in Oman – a stash can be invaluable!)