

IChO 2023

CHECKLIST



WHAT YOU SHOULD PACK FOR A SUCCESSFUL TRIP TO SWITZERLAND

Good shoes

- (minimum sneakers) for mountain excursions. Flip-flops or high heels would be impractical to be worn in the mountains. While you will not have to hike up the mountains (we will use cog-wheel trains (students) or cable cars), you may walk and hike on the mountain tops and enjoy the view.

Clothing for practical exam (students only)

- For their safety, students are required to wear appropriate clothing while working in the laboratories. This includes pants covering their whole legs and closed shoes. Clothing (including headscarves) should not be made of any synthetic material. Long hair must be tied back. Further protective equipment (lab coats and safety goggles) will be provided by the organizers (see below).

Formal attire

- For closing ceremony. The closing ceremony and farewell dinner are formal affairs. Please aim at least for business casual attire. Formal delegation clothing is most welcome. For the opening ceremony, no formal attire is required since it will be followed by ETH tours for students and lab inspections for mentors without time to change

Sun protection

- (lotion, sunglasses, ...). If we are lucky, we can expect a sunny IChO 2023. Prepare for daily temperatures sometimes reaching 35° Celsius.

Rain protection

- (your own umbrella or rain jacket). If we are a little less lucky, the IChO might also be very rainy, with daily temperatures reaching only around 20° Celsius. On the mountains we visit, temperatures will be even lower. Pack accordingly.

Medication

- Swiss healthcare is good and drug stores have most common medication readily available. Depending on your needs, bring your (prescribed) medication.

Money

- Switzerland has its own currency, the Swiss franc. Major credit and debit cards are commonly accepted. Being in Europe, many places also accept cash in Euro albeit at worse rates and with Swiss francs for change. We recommend bringing some cash according to your needs. Please check your local exchanges for the best rates.

Optional: Swimwear

- Zurich has several public swimming pools, and the beautiful Lake Zurich to cool off during your free time. Please note: You may also see people swimming in rivers. However, we strongly recommend not to swim in rivers. River currents can be very unpredictable, and though it may look easy, it can be very dangerous for untrained river swimmer. We are sure you will find enough options in swimming pools and the Lake Zurich to cool off. Also, the hotel of Mentors, Observers and Guests, the Crowne Plaza, offers a 12-meter indoors swimming pool.

Optional: Sportswear

- Both hotels are offering a gym that can be used for free by hotel guests. In addition, several parks and forests in vicinity to the hotels are inviting you for a run.

Optional: Backpack

- All our guests will receive a small gym bag as a souvenir and to carry around small items like the reusable water bottle or your wallet. While at some IChOs in the past guests received a big backpack, this will not be the case at IChO 2023. So, bring your own if you wish to.

Optional: Camera

- To record the memories, you will be making during IChO, a digital camera can be handy. Be aware that students will have to hand in digital cameras with WiFi capabilities the evening before the opening ceremony like all other communication devices (see above).

Optional: Card and board games

- or any other things that help you contact people from other delegations and spend some fun time together. Especially (but not only) for students this may be important, as they will have to hand in all their communication devices for five days (see above for more details). Therefore, also paper books are advised, since eBook readers also must be handed in.