



Army Families Federation Factsheet: What to bring / leave behind when posted to Cyprus

This Factsheet is intended as a general guide. Ultimately, it is a personal choice. However, please bear in mind that the summers in Cyprus are very hot and the winters (albeit short) can be cold. The old style MQs built in the 50s do not have central heating, double glazing or adequate insulation and are very cold.

There are always people leaving Cyprus who want to sell things before they return to UK, so you will find that there is a good choice of second hand and white good items available at reasonable prices.

UK shops in Cyprus include Marks & Spencers, Body Shop, Zara, Monsoon, Mothercare, NEXT, ERMES (formerly Woolworths), Morgan, Monsoon, CAT & Laura Ashley, to name but a few. Don't forget if you have Internet, some companies do post to BFPO and you will be in Europe still! Check the BFPO website www.bfpo.org.uk for a full list of companies.

Please also read our Factsheets "Claiming contribution-based JSA in Cyprus" and "Hot Tips for JSA in Cyprus" before you depart the UK if you will be giving up work and seeking a job in Cyprus. These can be downloaded from our website www.aff.org.uk or contact AFF Cyprus Branch Office Tel 00357 2596 2110.

Lastly, a new website has been launched at www.bfc.mod.uk Information can be found on the history of Cyprus, the different stations you maybe posted to and photographs of typical Service Families Accommodation in Cyprus with room measurements to give you an idea of what to expect.

Essential things to bring with you	
Lots of summer clothes	In the heat of the summer you may find yourselves having to change

	a couple of times a day
Lots of swimwear	Because of the time spent in the swimming pools and the sea, your swimming attire wears quickly
Children's clothes	Choice is limited and for quality clothing you can expect to pay more than in the UK
Winter clothes/boots/wellies	It does get very cold in the winter. You need lots of layers
Continental quilts/ extra bedding/electric blankets	Whether you are allocated a house with central heating or not you WILL be cold in the winter, especially at night
Tumble dryer/ Clothes ailer	During the winter there is a lot of moisture in the air and not many MQs have central heating.
Dishwasher	It is not advisable to leave crockery in the sink or on top of work surfaces, due to the increased number of insects in Cyprus
Microwave	Self explanatory
TV/video/HiFi/ videos/children's videos	Home entertainment may prove invaluable, particularly during the very hot months. NB - DVDs are Region 1 in Cyprus (rental or bought).
Mobile phones	Bring PUK card number so you can change SIM card or they can be bought on island.
Extension leads/ adapters/plugs	Cyprus has the same connections as UK, so all leads are compatible. NB - if you are posted to the Eastern Sovereign Base Area (ESBA) you will need to purchase a 'filter' from a computer shop to prevent high voltage surges.
Ornaments/pictures/mirrors /lamps/rugs	Small items, which will transform the house to your home
Xmas decorations	Can be quite expensive if you have to buy everything new
Strimmer	Extremely useful for the Winter months when the grass grows at an enormous pace
Bicycles	There are great opportunities for biking - mountainous or flat terrain
Original Educational Qualifications	If you wish to gain employment in Cyprus and have to go through the Civilian Employment agency you will be required to produce original qualifications as they do not accept photocopies
Original Birth/Marriage Certificates	If you need to apply for a replacement passport or passport for children you will be required to produce original certificates. If you haven't got these with you it can take quite some time for a replacement to be sent to you from the original Register Office
A note of your National Insurance number	Necessary when claiming Tax Credits etc.
Car	If you own a new-ish car, you may save money by bringing it to Cyprus rather than selling it at a loss. You will need a car out here.

	Further reading - please download our Factsheet "Cars in Cyprus" from our website www.aff.org.uk or contact us on 00357 25 96 2110. Also, the British Forces Cyprus SBA Customs Factsheet: "Duty Free Vehicles" is available from us.
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Desirable things to bring with you

Sledge/skis	There is the opportunity to ski in Cyprus. However, ski hire is available at very reasonable rates
Washing machine	Some booklets on Cyprus suggest that your own washing machine could suffer in Cyprus, as the water is very hard. You must weigh up the cost of hiring, around €10 - 12 per month = €240 - 288 in a two year tour for a machine which is by no means new and can often break down. Bringing your own will save you money!
Fridge /freezer	All MQs are issued an adequate fridge/freezer but you can bring your own as well.
Portable gas heaters/fans	'Old style' MQs are issued with two portable calor gas heaters and one oil filled radiator per bedroom. However, you may wish to bring your own.
Computer	Can be bought on island – e-mail is the cheapest way to communicate with friends and relatives.
Vax/Dyson/heavy duty Vacuum cleaner	MQs are supplied with a vacuum cleaner, but as Cyprus is incredibly dusty, you may find yourself cleaning carpets more frequently than elsewhere
Sewing machine	Material is very cheap here in Cyprus. Some sewing classes available
Own sofa/bed	Personal choice, you can bring them with you if you have sufficient cubic allowance
Tupperware	Sealed plastic containers are a necessity to keep insects/ants away. However, Tupperware is reasonably priced in Cyprus
BBQ/garden furniture	Invaluable, but can be bought on Island - reasonably priced
Snorkells/wetsuits	Plenty of opportunity for snorkelling/windsurfing/water skiing. However, this equipment is widely available

Things you can leave behind

Toiletries/cosmetics/ perfume/suntan lotions/ washing powder	It is completely unnecessary to bring these items as all toiletries are readily available both in the NAAFI and at local supermarkets.
Nappies/baby basics	As above. However, they can be more expensive than the UK.
Ironing board	Issued in MQ

Gardening tools	Issued in MQ
Vacuum cleaner	Issued in MQ
Curtains	Issued in MQ. Most MQs have either shutters or venetian blinds
Lawnmower	We do have grass in the winter months which needs cutting but household lawnmowers are not particularly good for this.
Lampshades	All MQ have fixed light fittings.
Ornaments	Very little space to display too many ornaments.
Large items of furniture	Personal choice – furniture available is adequate.