

# SPORTS TOUR PACKING CHECKLIST!

## The Personal Packing list: if it's not on, it's not in

Most travellers pack far more items than they actually need. The extra pair of shoes, the hairdryer and the surplus jacket are all things that bulk up your bag and could probably be left at home. Just think back to your last trip; did you honestly use every single item you packed?!

Groups flying will be limited to 1 item of HOLD luggage for each passenger (with individual maximum weight varying between 15kg and 20kg depending on which airline has been booked) and 1 HAND luggage bag per passenger. Although there is no restriction on Coach / Ferry / Eurotunnel luggage, please advise parents and pupils to pack 1 suitcase/large kitbag each that would fit into the Bus's boot and that the child himself/herself can carry!

## Essentials for your Sports Development Tour

At least 3 changes of kit – shorts/skorts, shirts and socks  
 Shin pads (if applicable)  
 Trainers / Astroturf boots / Football boots  
 Training top / Sweatshirt / Tracksuit / additional layers  
 Waterproof top / jacket  
 Towel  
 Spare kitbag / back sack / boot bag  
 1 empty water bottle / drink flasks

## Additional Items

Casual clothing for down time  
 Other footwear to those worn for training and fixtures  
 Swim shorts/swimsuit – for beach / swimming pool  
 Sun hat / baseball hat  
 Flip-flops  
 Additional towel

## Accessories

(subject to School/Club policy with pupils personal items)

Digital camera + charger

Mobile phone + charger + headphones – (doubles as alarm clock, personal MP3 player and radio)

Universal travel adaptor (if travelling abroad)

Sunglasses and case

Pen and small notepad – in case you get the opportunity to obtain the autographs of 1st team players

## Hand Luggage/Rucksack

All pupils can also carry a small piece of hand luggage onto the aircraft / coach. Please ensure that Aircraft Hand Baggage restrictions are followed

Wallet/cash

Personal items – camera / iPod / mobile phone / sunglasses / book / magazine / passport

Snacks / drink (please be aware of airport restrictions e.g. liquids)

## Toiletries and Medication

General toiletries and deodorants in small bottles!!

Toothbrush / toothpaste

High Factor Sunscreen / 'After Sun' cream

Any personal necessary medication