

# Suggested Kit List

## 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 – to carry personal items to training everyday
- 1 empty water bottle / drink flasks

### Additional Items

- Casual clothing for down time
- Other footwear to those worn for training and fixtures
- Please note that Hotel restaurants expect all group members to dress appropriately at meal times – smart casual – and not wander in only vests, shorts and flipflops! You must have a top on at all time when in the hotel
- Swim shorts/swimsuit – for beach / swimming pool (where applicable)
- Sun hat / baseball hat
- Flip-flops
- Additional towel

### Accessories

(Subject to Party Leader and School policy with regards to 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

### Toiletries and Medication

- General toiletries and deodorants in small bottles!!  
Toothbrush /toothpaste
- High Factor Sunscreen / 'After Sun' cream
- Any personal necessary medication

### Hand Luggage / personal 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 restriction e.g. liquids)