



## TOURNAMENT PACKING LIST

### IMPORTANT:

- ☐ Identity card/passport
- ☐ Visa (only for non-EU members)
- ☐ Insurance documents (if available)
- ☐ Health insurance card
- ☐ Cash, EC card/credit card (make sure they are kept safe!)
- ☐ Mobile phone/smartphone, charger (may need a plug-in socket adaptor)
- ☐ Medication (possibly refrigeration for medication), first-aid kit
- ☐ Food and drink for the journey
- ☐ Declaration of consent from parents
- ☐ Emergency number of parents
- ☐ Vaccination certificate, possibly allergy passport, diabetic passport (copy)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### TOILETRIES:

- ☐ Sun cream with high protection factor, after sun/body lotion
- ☐ Toothpaste + toothbrush
- ☐ Soap, deodorant, shampoo...
- ☐ Hairbrush, hair dryer if necessary
- ☐ Insect protection
- ☐ Blister plasters, bandage for sprains etc.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### TIPS:

- Suitcase weight (usually maximum 20 kg p.p.) and check the dimensions of your airline's hand luggage.
- Liquids in hand luggage usually in 100 ml containers, maximum 1 l in total.
- Take chewing gum in your hand luggage (chewing during the flight helps against earache)
- Take headphones for TV on the plane (alternatively, they can be purchased on board for a fee).
- mark your belongings such as water bottles by name so that there is no confusion.
- In France, long or loose swimming trunks are often forbidden.
- Italian campsites often require bathing caps to ensure the cleanliness of the pool.

### CLOTHES:

- ☐ Glasses and/or contact lenses
- ☐ Sunglasses, cap/sun hat
- ☐ Flipflops/shoes
- ☐ Swimming trunks/bikini
- ☐ enough jersey sets
- ☐ Shoes (grass or artificial turf)
- ☐ Shin guards (for football tournaments)
- ☐ Tracksuit
- ☐ Rain jacket
- ☐ Jacket, e.g. denim jacket, pullover
- ☐ T-shirts, trousers, socks, underwear
- ☐ Towel, bath towel
- ☐ for the goalkeeper: goalkeeper gloves and cap (at football tournaments)
- ☐ (Cloth) bag for dirty laundry
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### ADDITIONAL ITEMS:

- ☐ Games (card games, etc.)
- ☐ Magazines, books (for the journey)
- ☐ Digital camera
- ☐ Drinking bottle for refilling
- ☐ Camping mat & sleeping bag for the accommodation school
- ☐ Tent, mattress & sleeping bag for accommodation tent
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_