



YOUR SCHOOL SPORTS TOUR PACKING CHECKLIST

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- Passport
 - EHIC card
 - Personal medication
 - Match kit
 - Training kit
 - Boots/trainers
 - Plasters (for any blisters – especially important if bringing new boots!)
 - Some spending money
 - Toiletries
 - Toothbrush
 - Toothpaste
 - Shampoo
 - Soap
 - Hairbrush
 - Sun hat
 - Sunglasses
 - Waterproof jacket
 - Waterproof sun lotion
 - Insect repellent
 - Refillable drinks bottle
 - Backpack
 - Notebook and pen
 - Torch
 - Comfy clothes that will allow you to take part in the activities on your itinerary
 - Sensible shoes for walking (trainers, or walking boots if going out into the countryside)
 - Jumper/hoodie/sweatshirt for the evening (even in 'hot' destinations it can get chilly in the evening)
 - Underwear (including plenty of socks)
 - Pyjamas
 - Towel
 - Swimwear
 - Plastic bag/bin liner for dirty laundry
 - And don't forget to pack a book or some other form of entertainment for the journey!

