

Sports PACKING CHECKLIST

FOR STUDENTS

ESSENTIALS

Passport

GHIC

Phone charger

Plug adapter

Some spending money

HANDY THINGS

Tissues and hand sanitiser

Refillable drinks bottle

Book/games for the journey

PERSONAL

Any personal medication

Plasters (for any blisters)

Toothbrush & toothpaste

shampoo

Soap

Hair brush

Sun hat

Sunglasses

Waterproof sun lotion

Insect repellent

Backpack

Notebook and pen

Towel (if not provided by hotel)

CLOTHING

Match kit

Training kit

Boots/trainers

Waterproof jacket

Comfy clothes for the other activities on your itinerary

Jumper/hoodie/sweatshirt for the evening (even in 'hot' destinations)

Underwear and socks

Pyjamas

Swimwear

ANYTHING ELSE?

