

# WHAT TO BRING

## SPORTS KIT AND EQUIPMENT...

- Short-stud (hard ground) football boots
- Long-stud (soft ground) football boots
- Trainers
- Shin-guards
- Wet-weather clothing
- Swimming kit
- Tracksuit
- Socks
- Shorts
- Sports shirts
- Warm base layer
- Cap or sun hat

## AND THE REST...

- Casual clothing for downtime
- Nightwear and underwear
- Warm sweater
- Waterproof coat
- Toiletries including sunscreen
- 2 towels
- Bathrobe (if you wish)
- Laundry bag with nametag
- Mobile phone and charger
- 2-pin to 3-pin UK plug adapter
- Spending money (at your discretion)

**PLEASE LABEL** all clothing with sewn-in name labels or a laundry marker so it can be identified.

**PLEASE DO NOT BRING** valuable items like laptops and jewellery, travellers' cheques or old bank notes (£20).

Children will not be allowed to participate in sports without appropriate equipment, including footwear.