

Basic checklist of things to bring:

Toothpaste and toothbrush
Watch
Alarm clock
Camera / notebook and pen
Shampoo and soap
Deodorant
Soccer ball (teams only)
Socks
Shin guards
Water bottle
Sneakers and other shoes
Dark and light uniform set
Everyday clothes, including shorts, jeans, and shirts
Practice shorts and t-shirts
Rain gear / warm jacket
Athletic tape, braces (if needed)
Plastic bags for wet and dirty clothes
Beach towels
Swim wear
Sunblock, sunglasses
Insect repellent
Prescription and medication, including glasses/contact lens
Gifts to exchange
Laptop
Spending money



Coaches should ensure these items are together for the soccer tour:

Deflated soccer balls
Medical kit
Gifts for hosts and other helpful people
Airline tickets
List of passport numbers
Emergency contact phone numbers and address
Itinerary
Permission to travel and medical forms
Extra "group" money

- **Additional information will be sent after application.**