

# PACKING

## *What You Should Know Before You Go*

Every person who travels overseas, no matter the age or the tour, is tempted to over-pack. And our experience has been that each of these persons, after a few days on tour, can be described as one of two kinds of travelers: *Those Who Packed Lightly*, and *Those Who Wish They Had Packed Lightly*. We urge you to resist the temptation to pack everything. It's best to bring no more than 1 suitcase (or large bag) to be checked, and 1 carry-on sized bag with you on tour. While at first this may seem to be an impossible task, it really is not that difficult if you plan properly.

A carry-on bag that can fit underneath your airline seat will be useful for personal items, such as a camera, portable CD or tape player, a book or magazines, and maybe an extra shirt and toiletries. This same bag can also serve double duty while on tour, transporting essentials to and from the games, and on sightseeing trips. Remember to clearly label all of your belongings, especially those that can be easily confused with teammates' (such as game shorts, socks, etc.)

We suggest you pack only enough clothing for a week, with the exception of underwear and socks. If you follow this guideline, you should be able to fit everything quite comfortably into your two bags. Keep in mind that besides the items you'll use each day (socks & underwear), all other clothing should be packed in moderation, with the idea that it can be worn more than once without washing.

Speaking of washing, the hotel will have a laundry service, but be prepared for high fees if you have it done this way. Otherwise, it will be easy to find a coin-operated laundromat near your hotel in town.

A plastic bag for wet and/or dirty clothing or shoes will be handy while on tour. This way it's much easier to keep your clean things separate from the dirty ones. You will not need any formal clothing while on tour. One or two pairs of long pants, and a matching shirt will be enough for those occasions when you want to wear something other than soccer gear. Evenings in Europe can get a bit chilly (50's), so a warm-up that can serve double duty (pre-game and jacket for cold weather) is advisable.

Another key item to pack is a pair of comfortable shoes. These might be running shoes, or those that you use to play indoor soccer, but they should be broken in before you leave. You'll be doing lots of walking on this tour, so it is important to have a pair of comfortable shoes to walk around in. Warm-up pants can be worn casually for sightseeing also.

Finally, if you have some extra room in your luggage, throw in a few old T-shirts. You can use them to trade with your foreign counterparts, and maybe get something in exchange that you'll really like.

# SUGGESTED PACKING LIST:

## *Playing Gear:*

- Game Uniform and associated items for practicing.
- Shoes for use in training and games. (1 pair of molded sole shoes will be enough.)
- Extra shoe laces or other "emergency" items such as extra screw-in cleats if you have replaceable stud shoes.
- Braces, supports, etc. for ankles and knees that you might need for playing. This includes supplies for taping ankles (tape and pre-wrap) that you might need.

## *Informal Clothing:*

- 4-5 pairs of comfortable, casual pants for non-soccer activities such as sightseeing. Jeans and shorts are fine, but at least 1 pair of pants should be long in case the weather is chilly.
- 4-5 casual, "polo" type shirts with collar
- 5-6 T-shirts.
- 1 pair of comfortable street shoes or walking shoes for use while sightseeing and on the plane, etc. Note: Make sure these shoes are comfortable and already broken in.
- Underwear and socks.
- Soccer-type warm-up suit that can double as a jacket/windbreaker in cold weather.

## *Personal items:*

- Toiletries (tooth brush, tooth paste, hair brush, shampoo, soap, shaving gear, etc.)
- Extra pair of glasses or contact lenses, if you wear them.
- Camera and extra film (it's cheaper to buy film here than there!)
- Vitamins (some type of One-A-Day vitamin is strongly recommended).
- Plug adapter and electricity converter if you have any electrical appliances such as hair dryers, electric shavers, etc. (Note: you will need a converter for the electricity AND an adapter for the plug to fit into the foreign sockets).
- Any medications you might need while on tour (make sure they are in the original container and plainly marked).
- Plastic bag(s) for wet or dirty clothing and/or muddy shoes.
- Band Aids, Neosporin, Tylenol and any other small personal first aid items you might need. Also a stomach medicine such as Pepto-Bismal or Immodium AD can be useful in emergencies.
- Portable CD or tape player with headphones and assorted tapes/CDs.
- Small, portable clock with alarm.

## *Other Important Items:*

- Passport.
- Travelers Checks and Cash (a ratio of 80% Travelers Checks to 20% Cash is advisable.)
- Credit Card or ATM Card for emergency cash while overseas.
- Long Distance Calling Card or number (make sure it can be used for international calls.)