Player Packing List Guideline

Every player must carry what they bring.

On Date of Departure, Wear the following to the airport:

- "Sweden Trip T-Shirt"
- Layers of Clothing
- Comfortable Shoes
- Passport

Few Key items to make note:,

- **PASSPORT** (Bring in carry-on and have handy at airport)
- **MONEY** Players will need money for meals on travel days and in Copenhagen, snacks, souvenirs, optional activities. Debit/Credit Cards with chip and pin are preferred. $500 recommended.
  *NOTE: Some stores, when shopping at malls, etc. may require ID with your credit card transaction.

Checklist (please pack responsibly and as lightly as possible)

- **Carry-On: Soccer bag plus one small bag /purse that fits under seat**
  - All training gear and both playing kits (in mesh bag) + cleats (in a Ziploc bag) + shin guards (considering putting deodorizer and/or dryer sheet in bag to help with odor)
  - 1 change of clothes
  - Passport
  - Toothbrush/paste
  - Credit cards
  - Snacks – enough for flights & bus trip (food on IcelandAir cost $)
  - Water bottle (empty)
  - Medications
  - Phone, headphones, and charger; recommend getting an international plan on phone if plan to use data (or else only use phone when have access to WIFI)
  - A good soccer bag can be your carry-in; WASH BACKPACK BEFORE TRIP
  - Deck of cards / small games as desired

- **One Checked bag (limit is 50 pounds) - Clothing / Other for 13 days in Suitcase**
  - Shorts, shirts
  - Sweats and/or warm up gear
  - Lightweight gloves and hat
  - Pants/jeans
  - Underwear, socks (including extra soccer socks as needed)
  - Sleepwear
  - Swimsuit- likely swimming in island outside of Gothenburg
  - Comfortable walking running shoes
  - Flip flops for shower and beach
  - **Rain jacket** or **Windbreaker** and sweatshirt/fleece
  - Towel - microfiber towel takes up the least room. Needed for school showers.
  - Deflated soccer ball and pump – not every player needs one; teams can decide how many are needed.
  - Trash bags to protect soccer bag in case of rain and to hold dirty clothes on way home
  - Old BH t-shirts/jerseys to trade with other players (vs. pins)
  - Comb/brush
  - Toothbrush/paste
  - Shampoo for 2 weeks
  - Body soap

- Deodorant
- Ear plugs; kids as well chaperones snore
- Laundry soap (For individuals wanting to hand wash some items in a sink)
- Sunscreen and bug spray
- As needed, feminine hygiene products/ pack of tissues
- Small bottle of Febreeze
- Personal first aid kit
- Trash bag for dirty clothes
- Small day bag (string bag, backpack, or purse for day trips)
- Outlet Adaptor (European F - See picture below)
    - You need an adaptor for phones/laptops etc.
    - Round European style two pin plugs/220V are used.
    - Do not bring electronics that heat up like curling irons and hair dryers; 220V makes them really heat up and they may be prohibited in the schools
    - Type E/F Adapter on Amazon for $16.99

