



PACKING LIST

ATHLETIC GEAR

- Uniform(s) - shirts, shorts and socks
- Practice gear - 1 set per practice sessions
- Game Footwear: cleats/sneakers/turf shoes
- Shin Guards and other protective gear
- Warm Up Tops and Pants
- Sports Bras (Ladies only!)
- Sports Sandals
- Water container
- Deflated Soccer Ball



ELECTRONICS

- Hair dryer (most hotels provide, check with Quest!)
- Cell Phone and Charger
- Camera (disposable or digital)
- Electricity convertor
- MP3 player / iPod
- Alarm clock
- Watch
- Batteries



EVERYDAY CLOTHING

- Underwear (remember extra for games!)
- Socks - (sports/dress)
- T-Shirts
- Pants - jeans, sweatpants
- Belt
- Dress Shorts
- Bathing suits (depending on)
- Pajamas/Robe
- Sweatshirts/Sweaters
- Rain jacket
- Light jacket/wind breaker
- Sneakers/Shoes/Sandals

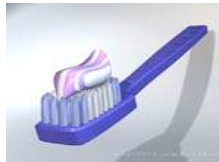


MISCELLANEOUS ITEMS

- Local Currency (See Tips/Hints)
- ATM Card (s)
- Credit Card (s)
- Travelers Checks (and receipts)
- Drivers License (Picture ID)
- Passport (Visa if required)
- Copy of Passport
- Health Insurance Card
- Emergency Phone Numbers
- Phone Cards (See Tips/Hints)
- Airline Ticket/E-ticket Receipt
- Travel Insurance Documents
- Address Book

HYGINE/HEALTH

- Shampoo
- Conditioner
- Hair care products
- Comb/Brush
- Soap/Body Soap
- Deodorant
- Toothbrush
- Toothpaste
- Towel
- Prescriptions
- Everyday medications (e.g.aspirin etc)
- Razor/Shaving Cream
- Sun block
- Lip balm
- Skin Lotion
- Make Up
- Zip Lock Bags
- Basic First Aid

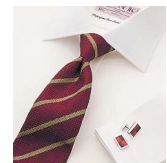


OPTIONAL EXTRA'S

- Semi Formal Wear (only if noted in itinerary)
- Cold weather protective wear
- Reading Material
- Playing Cards
- Laundry bag

HAND LUGGAGE:

- Change of clothes
- Small amount of Toiletries
- Reading Materials
- Camera
- MP3 player/iPod
- Playing Cards
- Passport
- Some Money
- Water
- Light Jacket



ACCESSORIES

- Day pack/Money Belt
- Small umbrella
- Sunglasses
- Jewelry

