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Sport EuroTour TRAVEL CHECK LIST

LUGGAGE:

Three (3) bags allowed on tour - (Goalies are allowed a larger goalie bag)

- One bag with a total volume NO greater than 5,500 cubic inches in interior volume
- A Small two stick, stick bag - please not the behemoth "carry everything" stick bags
- One airline/bus carry-on bag or backpack, etc

BRING ONLY WHAT YOU CAN CARRY

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- Decide where you'll carry your passport and your money – keeping it safe while walking
 - Keep your day spending money separate from your tour money, travelers checks and passport

TAKE:

- a waste pouch - body wallet or neck wallet to hold your passport
- your hockey stick (Goalies - bring your equipment – a larger bag is OK for goalies)
- mouth guard
- shin guards
- water bottle (tape and other playing necessities you use regularly)
- Sweatshirt or similar outer wear
- all purpose sneakers or turf shoes-without cleats (All of our training and games are on AstroTurf)
- a light (nylon) rain wear – the type you can stuff in its own pocket
- a hat
- a few T-shirts for practice
- a bathing suit
- a plastic bag (to hold you wet bathing suit when you travel)
- a towel - Spain Program Only
- a sleeping bag or "body sock" or similar - Spain Program Only
- Bottom bed sheet for your mattress (sized for single bed) - Spain Program Only
- DON'T FORGET YOUR PASSPORT - also check its expiration date!**

and of course - pants, shorts, shirts, socks, (some like a casual skirt/dress), toiletries etc.
Dress casual - less is better – travel light!

Suggestions over and above the necessities:

- Convert at least \$50.00 to Euro's before departure (And take British Sterling on Tours to England)
- Walkman – cassettes/CD's – MP3 player
- Flip flops/slippers
- Camera and Film (it's expensive in Europe) - Check your batteries in your camera too
- MEDICATION??? – if so, take your prescription!
- Advil/Nuprin
- Sunglasses
- Playing cards
- Travel alarm
- Small amount of laundry detergent - Spain Program Only
- Bring a daily ration of Power Bars or similar for Camp energy "snack" - Spain Program Only

DOCUMENTATION: All documentation is due on May 1

- 1) Medical forms completed, signed and returned to our office
- 2) Medical Waiver signed and returned to our office
- 3) Signed Player Code of Conduct
- 4) Signed Travel Insurance Waiver agreement.
- 5) Photo copy your passport's personal information page with Passport number & photo
- 6) Send us your airline flight information if you are flying into the airport.