



Packing Checklist for Holland

Documents

- Passport – We will collect these as players get on the bus. Players will only have them when needed in the airport. Coach Todd will hold them for the duration of the trip.
- Airline Ticket – Players are issued eTickets that we get once we arrive at the airport. Players are expected to hold these in a safe place once they get it and until they are seated on the plane.
- All other forms – Coach Todd will be carrying a booklet full of all waiver forms, permission to travel forms, authorization forms, signed Rule Code, health/prescription medicine forms, rosters, player cards and passport copies.

Shoes

- Soccer cleats – If you bring new cleats, bring your old cleats to avoid blisters. Players may want to bring their indoor flats since all trainings/games will be played on turf.
- Running shoes – Players will need comfortable shoes to walk in. They should bring running shoes or the best shoes they have for walking longer distances.
- Flip flops – For shower and rest time

Uniform and Game Gear

- Shin guards – Don't forget these!
- Far Post training shirt – Suggest bringing 6 shirts – Dryfit shirts are the best!
- Far Post jerseys (orange & navy) – Consider bringing a second set if possible
- Far Post shorts (Probably 5 pair)
- Far Post socks (orange & navy) – Probably 8-10 pair – take care of your feet!
- Far Post training suit – Tops and bottoms – Required for travel!
- Far Post backpack – This will be your carry-on
- Far Post training ball – This will be in your checked bag (deflated)

Other Clothes

- Underwear
- Extra athletic socks
- Pajama's
- Casual pants and shorts – 1 pair at the most
- Casual shirts – 2 at the most
- Sweatshirt or fleece
- Gloves and a hat – in case it is cold
- Rain jacket since Dutch weather can be unpredictable this time of year
- Bathing suit – just in case you have a chance to go swimming

Other Items

- We suggest that players bring their own supply of energy bars
- Bring a boot bag or small draw string bag for outings
- Roll of Duct Tape
- Watch AND battery-operated travel alarm clock
- Water bottle
- Power converter and adapter – universal 220V to 110V electrical converter
- Journal
- Camera or cell phone
- Clothesline (for drying clothes) – you can also use Duct Tape for this
- Sunglasses
- Flashlight
- Towel

NOTE: You do NOT need to bring bedding since this is all provided by the youth hostels.

Toiletries

- Toothpaste and toothbrush
- Shampoo and soap
- Deodorant
- Shaving equipment
- Small detergent packs for laundry – hand-washing in sink
- Contact lens equipment and spare glasses
- Hair care equipment (brushes, comb)
- Any medication or first aid supplies (especially for blisters) – personal medication, blister band-aids, Tylenol, anti-diarrhea, medication, constipation medication, anti-bacterial cream, hand-sanitizer, sun block, etc.
- Please bring your own athletic tape for your socks and pre-wrap for your hair – we will have tape and pre-wrap for injuries
- Lip balm and moisturizer (face and body)
- Compression bandages like ace-wraps
- Vitamins

Money Items

- Suggest €250-€300 in Cash (need to order)
- Debit Card (problem with accessing ATMs)
- Credit Card (must have chip) – Visa or MasterCard are widely accepted