Packing list for Tournament:

**NB: FLYING DOWN AND BACK: Boarding Pass / ID or Certified Birth Certificate**

**ALL BAGS MUST BE TAGGED PLEASE**

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| **HOCKEY GEAR – COURT BAG – *EQUIPMENT* *MUST BE CLEARLY MARKED PLEASE*** | TICKED |
| Indoor Stick  |  |
| Indoor ball for warmup |  |
| Left AND – or Righthand Glove |  |
| Shin Protection and Shin Liners |  |
| Goalkeeper kit and Bag (if applicable) |  |
| Indoor Shoes / Sandles / Flipflops/ Sneakers and Socks |  |
| **Kit** (Shirt, Skort/Shorts, Warmup top, Hoody, Socks, Travel shirt, Backpack)  |  |
| Face Mask **and** Mouth Guard |  |
| Extra Hair Elastics / Bands for court bag  |  |
| Deodorant for Court, Small Towel  |  |
| Emergency Kit (plasters, disinfectant, painkillers, Medications, Inhaler) |  |
| Waterbottle  |  |
| Medical Aid card and copy of main member’s ID |  |
| **ENERGY, GUTS, and AWESOME SPORTMANSHIP** | **CHECKED** |

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| **GENERAL CLOTHING – *MUST BE CLEARLY MARKED PLEASE*** | TICKED |
| Clothing for relaxation (shorts, Tshirts etc) |  |
| Pajamas  |  |
| Additional Warm Clothing (Tracks, Hoody) (weather can change rapidly) |  |
| Swimwear and Towel, hat |  |
| Jeans and going out tops  |  |
| Sandles, sneakers and socks, Flipflops |  |
| Undergarments / Underwear |  |
| **BE RESPECTFUL NEAT AND PRESENTABLE AT ALL TIMES** |  |

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| **TOILETRIES – TRAVEL SIZE SUFFICIENT FOR THE WEEK** | TICKED |
| Shampoo & Conditioner – in plastic ziplock bag |  |
| Skin Routine / Treatment |  |
| Sun Protection – in plastic ziplock bag |  |
| BATHTOWEL |  |
| Hair brush, Pins, elastics, bands etc |  |
| Toothbrush and Toothpaste and Razor |  |
| Toiletry Bag |  |
| Emergency Kit: (regular medication, athsma pumps, pain killers, plasters, Slomag for night consumption, rehidration sachets, Antihistamine, etc.)  |  |
| Ladies – your personal monthly protection  |  |