

SPANISH FOOTBALL PROGRAM

TRAVEL PACKING LIST

During the Promesas del Norte Campus, participants will always be dressed in clothing of the club so they all look the same and it is easier to manage the groups. They won't need to bring too much clothing besides football gear and some casual clothes for travel days.

All players will receive the following:

- 1 WARM UP
- 1 SWEATSHIRT
- 2 UNIFORMS FOR MATCHES
- 5 T-SHIRTS
- 1 SHORT PANTS

Here's what they should bring:

- SPORTS BAG FOR CLOTHING AND BOOTS OF PLAY
- SMALL/MEDIUM SUITCASE (since there are many players, bring small bags to fit in the bus)
- 2 OR 3 PAIRS OF WHITE SOCKS
- IF YOU CAN, 2 PAIRS OF BOOTS TO PLAY
- SHIN PADS
- BATHROOM ITEMS (TOOTHBRUSH, SHAMPOO , ETC)
- UNDERWEAR AND SOCKS (calculating for 14 days but they will be doing laundry)
- BAG TO WASH THE CLOTHES (so it doesn't mix with other players' clothing)

They will be washing clothes a couple of times during the trip. Training and game gear will be washed after each game.

- BLACK SHORTS
- JEANS AND T-SHIRT
- TWO BATHROOM SUITS
- TWO TOWELS (ONE FOR BEACH AND OTHER FOR SHOWER)
- SWIMMING TRUNKS / SWIMSUIT (REQUIRED)
- SUNSCREEN
- HAT
- SANDALS
- PIJAMA
- D.N.I.
- SOCIAL SECURITY SHEET
- MONEY (not much since they have everything paid for already. Bring money just to use it for gifts and some meals for airport, Barcelona, and travel days)