

**NSA EUROTOUR
SUGGESTED PACKING LIST;
DO NOT PACK MORE
WEIGHT THAN NECESSARY.**

Please check with your airline regarding baggage policy. Normally, you will have at least 1 check in and 1 carryon bag.

1. sports bag - to hold all your soccer stuff
2. suitcase with wheels or backpack - to hold everything else.

Player will be responsible for carrying their own luggage. Players Passports will be kept by a chaperone or parents for safe keeping during the trip.

Wear the following while traveling with NSA: NSA – red NSA EUROTOUR shirt; shorts or sweat pants; NSA jacket

All luggage must have luggage tag with personal identification in case it gets lost.

Personal items must be clearly marked with your name for easy identification. Write your name on clothing including socks with laundry markers

in sports bag



Soccer Cleats, Sandals, Shin Guard, Playing jerseys, 1 pair of socks and 1 pair of shorts (there will be grass fields and artificial turf fields, so bring both type of cleats). Toiletry kit (tooth brush, tooth paste, floss, soap, shampoo, comb etc. personal medicine)



in suitcase with wheels

light Sleeping bag or sheet; pack in the suitcase if possible. Sleeping pad (foam or air mattress), battery operated pump unless you rent a mattress; Ball – deflated, with your name clearly marked on it, small ball pump

Bath towels; socks, underwear, T-shirts; bring at least enough for 10 days; pants (1 long, several shorts) nice outfit (1)

Journal - every player should spend at least 20 minutes per night writing. Staff will collect periodically.

pins, patches , lanyards and extra USA Souvenirs or NSA T-shirts for exchanging

First aid supplies, sports tape, throat lozenges, vitamins, chemical ice, ace bandages, Ben-Gay, other personal medical supplies.; mesh bag (for storing dirty clothes). Sun Screen, small air pillow ,pajamas (optional); small electronic gizmos;

power in Sweden and Denmark is 220v.; iphones and computers power supply input is 120-240v; so you do not need a power transformer, just an adapter; if you need hair dryers and other appliances, use the ones supplied by the hotel. Mis-Matching transformers to step down the voltage may ruin your appliances.

Heavy jackets are not necessary. The summer weather in Scandinavia is pleasant (similar to San Francisco) will be in the 60's at night, 80's during the day.