

## What to Bring



### Advisable items not compulsory

#### **FOOTWEAR:**

Outdoor football boots for playing football on grass pitches that could be wet or hard depending on the good old Irish weather!

Indoor astro boots will not be suitable on the surface

Some training will take place on the astro so bring trainers or astro boots for that.

Indoor trainers for the gym, conditioning work and psychology Socks – football socks that fit shin pads, socks for the gym, socks for rest time and dinner to relax in.

You need at least 1 pair each day.

Flip flops, if you would like to get from the swimming pool to the changing room, or to rest your feet after training or in the evening

#### **CLOTHING:**

Football shorts and gym suitable shorts, swim shorts for the pool, Trousers for casual evenings and comfortable trousers / tracksuit bottoms • shirts and training tops for all weather conditions, thermals / skins if required.

You will need 1 for each day at least

Warm training top, hat, gloves (if you feel the cold) and a fresh shirt for each day

Gym T-Shirts for conditioning - bring 3 of these.

Casual tops and clothes for the psychology, evening down time and relaxing

Pyjamas / sleeping clothes for night time • Waterproof jacket

**OTHERS:** Toiletries (toothbrush, toothpaste, shower gel, shampoo, deodorant etc.)

Towel – PLEASE DO NOT FORGET THIS!

Swimwear

Sun cream - we are always optimistic !

Some cash for the vending machines/tuck shop (£10-£20 should be fine)

Mobile phone – we recommend downloading WhatsApp for communication with family

UK Adaptors & Chargers for any electrical items

Cash if required after the camp for transport PLUS will not be held accountable for the loss, theft or damage of any items.

Casual clothing for lessons, comfortable shoes for excursions, waterproof jacket and/or umbrella Trainers and sports clothes, swimwear, towel, something smart for disco/talent show, electronic devices (camera, mobile phone) – please look after these!

Electrical Adaptor

Please label all your items with your name in case they get lost.