



Gorilla Sports Champions Youth Cup 2019

Packing List

You name must be on everything you own.

Please bring a day pack to carry your food and other necessary items in each day. It must be clearly identifiable with a name or other tag to show it is yours!

Soccer Uniform: (Your name must be on your uniform (except your jersey!))

Important: Make sure you have a **delicates bag** to wash your uniform in. For ease of identification please clearly mark your name on your bag.

- 1 x Roselea FC Shorts (optional spare pair)
- 1 x Roselea FC Socks (Navy Blue)
- 1 x Roselea FC Socks (Sky Blue) [Included in ego price]
- 1 x Roselea FC Numbered Jersey
- 1 x Roselea FC Jacket [included in rego price]
- 1 x Roselea FC Cap [included in rego price]
- Soccer boots
- Shin pads
- Roselea FC Shorts & Polo [included in rego price]

Clothes for Non-football times:

- Track pants/Jeans
- T-shirts (long sleeve and short sleeve)
- Jumper/hoodie
- Socks
- Pyjamas
- Rain jacket + umbrella
- Underwear for at least 6 days (10 pairs)
- Shoes: Sneakers
- Sunglasses (highly recommended)
- Cap / hat
- Swimmers & beach towel

Other:

- 2 Water bottles with your name on them
- Phone and Charger (no sharing of chargers; there will not be time). Name must be on charger and cord.
- Money for souvenirs etc plus wallet to carry it in. Max \$100 *cash* please. (TMG will hold cash or cards if requested)

Bedding:

- Top and Bottom Sheet are provided
- Pillow is provided
- Blankets are provided

Toiletries:

- 2 towels are provided
- Tooth Brush + toothpaste
- Hair Brush + hair accessories (important to keep your hair out of you face on the pitch)
- Deodorant (definitely NOT optional!) Strictly No aerosols in Room. Roll-ons preferred
- Moisturiser
- Sun cream

Recovery Tools:

- Rigid sports tape (eg: Elastoplast 5cm width). As required – at least one roll per player.
- Foam rollers, trigger point balls or other stretching aids (Aldi might still have them)

Medications:

- Do you have asthma, then include your management plan and your puffers etc
- Creams for skin problems eg Dermatitis and Eczema
- Multi Vitamins/Vitamin B for energy and recovery (Optional)

Please bring a book or something else to do in your evening down time.

Some of this list is optional.

If you have any questions please call or text to **Jeff Saul 0418.662912**