



TRAVEL CHECKLIST

Please prepare the following for your trip.

Travel Documents

- Passport
- Spending Money: Debit/ATM card is best option. Please be sure to remember your pin number and notify your bank of international travel before start of your trip.

Clothing & Toiletries

- Jeans
- Casual Dress Khaki-type Pants (1): Suitable for walks through town and city.
- Shorts (3): At least one pair must be an appropriate length for visiting cultural sites.
- Short-sleeve T-Shirt (5): No tank tops.
- Long-Sleeve T-Shirt (1)
- Water Proof Windbreaker
- Underwear (8 pair)
- Athletic Socks (7 pair)
- Pajamas
- Baseball Cap or Sunglasses (optional)
- Toiletries: All items should be travel size. Please check current travel restrictions
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)



Technology

European adapter for power cables.

- Cell Phone: You may also bring a cell phone if you have one – you may have to notify your service provider that you are travelling abroad for Roaming service or unlock the phone so it may be used with a Spanish provider (at an additional cost). Use **WhatsApp**, **SKYPE** or **Facetime** for easy communication.

Football Gear & Footwear

- Sneakers or Comfortable Shoes: 1 pair for daily activities.
- Turf Shoes or Cleats - 1 pair for artificial turf fields.
- Flats/Futsal Shoes - 1 pair for hard surface training.
- Flip Flops/Sandals - 1 pair for showering in the locker room.
- Shin Guards

Residence & Sitges Amenities

Sitges is a thriving Catalan town with all the stores, pharmacies and medical services to ensure a comfortable stay in Spain.

www.visitsitges.com

We have a comfortable private residence two blocks from the Mediterranean Sea in a very quaint section of the rustic town. Athletes will share a room with other participants and each room has a private bathroom.

Laundry Service, bed linen, pillows and bath towels will be provided.

All nutritious meals and snacks will be provided. Please do not send goody bags of sweets.

A TOVO Training Kit (1 Training T-Shirts, 1 Training Shorts, 1 Training Socks, 1 Sweater, 1 Back Pack, 1 Water Bottle) will be provided.

See you in Sitges!