

Carry On and Flight Packing List

Carry On Luggage

- ☐ Few changes of clothes
- ☐ Bathing suit
- ☐ Hat
- ☐ Small sunscreen
- ☐ Small bug spray
- ☐ Deodorant
- ☐ Medications and prescriptions
- ☐ Phone charger
- ☐ Any other chargers
- ☐ Contacts/contact case/solution if worn
- ☐ Prescription glasses if worn
- ☐ Anything important that you can't go without should be packed in your carry on

Backpack/Personal Item for Flight

- ☐ Passport
- ☐ Snacks
- ☐ Filtering Water bottle
- ☐ Optional Items
 - ☐ Ear plugs
 - ☐ Eye mask
 - ☐ Neck pillow
 - ☐ Headphones/Noise cancellation headphones
 - ☐ Portable phone charger battery pack

General Packing List

Important Documents

- ☐ Passport

Clothing

- ☐ Shorts
- ☐ T-shirts
- ☐ Tank tops
- ☐ Bathing suits
- ☐ A few outfits for casual dinners
- ☐ Long sleeves and/or sweatshirts for mornings and night time
- ☐ Underwear, socks, bras, etc.
- ☐ Pants or leggings for ziplining
 - better than shorts with the harness

- ☐ Any other clothes you feel comfortable in

Shoes

- ☐ Sneakers
- ☐ Sandals for the beach
- ☐ Any other shoes you want and feel comfortable in

Field Hockey

- ☐ Shin guards
- ☐ Socks
- ☐ Stick
- ☐ Mouth guard
- ☐ Balls for warming up
 - Confirm how these will be packed with your coach

Misc.

- ☐ Hat
- ☐ Beach towel
- ☐ Filtering Water Bottle (Brita, Lifestraw, etc.)
- ☐ Cheap individual rain poncho
- ☐ Sunglasses
- ☐ Protein, energy bars, snacks you like

Toiletries/Medication

- ☐ Sunscreen
- ☐ Bug spray
- ☐ Toothbrush, toothpaste, and floss
- ☐ Hair brush or comb
- ☐ Deodorant
- ☐ Hand Sanitizer
- ☐ Contact solution if wear contacts
- ☐ Extra back-up contacts if worn
- ☐ Prescription glasses if worn
- ☐ Any body, hair, and face products you need
- ☐ Any medications or prescriptions needed
- ☐ Small med kit for the team (one for everyone is fine)
 - Thermometer, ibuprofen, tylenol, cold and flu meds

Electronics

☐ Phone Charger

☐ Optional Items

☐ Headphones for the flights and longer drives

☐ Multi outlet usb to have more charging options if outlets are limited in rooms

☐ Portable phone charger battery pack for longer days

☐ Any Cameras, GoPros, etc.