

WHAT TO BRING WHAT TO EXPECT

The primary purpose of this trip is to gain experience in international competition, and advance your fundamentals skills in water polo and the training necessary to compete at your highest level. For most of you this will be your first chance at travel and training and it is my belief that to explore who and what you are as a player you must break free from the norm and train away from your comfort zones. So congratulations and be ready to train.

The food and hotels will be just a few things you will find different in Spain
The food itself will be very different than it is at home but you will be expected to try it.

We will be doing as much sightseeing as possible so you are able to appreciate
And experience the culture of Spain

We will be using rapid transit, busses, and walking constantly so bring comfortable shoes.

The weather in Spain should be warm days and nights, you may want to
bring a light jacket or windbreaker, a sweatshirt for the flights or just to have.

If you are interested in possibly trading water polo shirts or suits etc, please bring
extras or doubles so can try and get some stuff you may want.

On the flight you will only be able to have one check in bag and a small carry on which
should be your backpack, the one you will bring to the pool or about town every day.
Please pack conservatively you will probably be wearing the same stuff more than once.

PACKING LIST

The following is suggested list of items for the trip.

Please label everything especially shirts, swim suits and jackets.

Passport Make 2 copies. 1 in your bag, 1 two the coaches.
(you must have current passport for this trip)

Pants

- (1) pair blue jeans
- (1) Pair long pants khakis/skirt
- (3-5) pairs shorts
- (8-10) tees.
- (4-6) Socks pairs
- (10) Underwear
- (1) running shoes/tennis shoes
- (1) flip flops/sandals
- (1) Towel
- (1) Teams Suit
- (1) Team Sweatshirts
- (2) Goggles

Toiletries

- Toothbrush
- Toothpaste
- Comb/brush
- Soap
- Deodorant
- Woolite
- Aspirin
- Sunscreen

Misc

- Sunglasses
- Wristwatch
- Travel clock
- Water bottle
- Small camera

Snacks

Nuts, granola bars, power bars, peanut butter, oatmeal, powdered drinks. (crystal light, Gatorade)

Entertainment

Books, ipod, computer games,