

PRE-DEPARTURE CHECKLIST

Travel Essentials

- ✓ Valid passport (with at least 6 months before expiry)
- ✓ Travel insurance (including medical and sports coverage)
- ✓ Flight details (departure time, airline, and baggage allowance)
- ✓ Printed and digital copies of flight tickets and accommodation info
- ✓ Emergency contacts — parents/guardians, coaches, and camp staff
- ✓ Spending money (for snacks, souvenirs, etc.)
- ✓ Travel card / small amount of euros in cash
- ✓ Chargers for phone and devices (with EU plug adaptor)
- ✓ Medication (if needed — packed in carry-on with prescription note)

Training Gear

- 🏐 Beach volleyball kit – tops, shorts, and spares
- 🧦 Sand socks (optional but recommended for hot sand)
- 🧢 Hat / visor and sunglasses
- 🧴 High-factor sunscreen (SPF 30+) and lip balm with SPF
- 🏋️ Training shoes (for warm-up or gym sessions)
- 🧦 Light socks and comfortable footwear for walking
- 🧥 Light training jacket / hoodie for cooler evenings
- 🏋️ Resistance bands / recovery tools (foam roller, massage ball, etc.)
- 🧴 Swimwear and towel for pool or beach recovery sessions
- 💧 Reusable water bottle (hydration is key!)

Everyday Clothing

- 👕 Light, breathable clothing for warm weather
- 👖 Casual shorts and t-shirts for downtime
- 🧥 Light jumper or jacket for evenings
- 👟 Comfortable walking shoes or sandals
- 🧢 Hat for sun protection

Health & Wellbeing

- 🧴 Personal medication & any allergy details shared with staff
- 🍎 Bring a few familiar healthy snacks for travel days
- 📖 Optional: journal, book, or playlist for downtime

Documents & Camp Info

- 📅 Meeting points and timings (departure and arrival)
- 👤 Coach / camp lead contact info
- 📱 Added to camp WhatsApp group before departure
- 📄 Signed consent forms and any required waivers
- 🏥 Medical information form (if applicable)

Optional but Useful

- 📷 Small camera / GoPro for memories
- 🧺 Laundry bag for dirty clothes
- 🔌 Power bank
- 🧴 Electrolyte sachets or hydration tablets
- 🧴 After-sun lotion or aloe gel