### Brisbane Pouth Football Academy

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### **2019 General Tour Information**

It is particularly important that travelers keep together on arrival and Departure airports so they may hear all instructions so that passport and customs formalities may be dealt with efficiently.

#### **PASSPORTS**

All participants must hold a valid passport. If traveling on a non-Australian passport, a re-entry Visa maybe required. Your passport is a very important document and you should treat it as such. When you wish to change any traveler's cheques you will require your passport.

#### **Pocket Money**

I would suggest approximately \$500 to \$1000AUD, which can be placed into a bank account which has cirrus on the card; they would need about 100 pounds and 150 to 200 Euro in cash on them before we depart.

#### **LUGGAGE**

Your luggage must be locked to guard against any petty theft, make sure your luggage is booked through to your final destination. Each of your baggage must have a sticker with your name and address. Make sure your luggage is the correct limit to avoid any penalty for excess baggage. The limit is 20kg, plus one small bag with you in the aeroplane. Note:

# Please take only one luggage bag size no bigger than 610mm & one small bag for the plane, which the players will receive with their kit.

#### **CLOTHING**

As it is starting winter in Europe, in November and December you will require warm clothing. Temperatures can be very low, hotels, accommodation and indoor facilities have indoor heating so normal light clothing may be worn. You should include a pair of Jeans, scarf, beanie, gloves, a few changes of training kit, a spare track suit to change into. A few changes of thermal underwear or Skins, a pair of smart Black Pants and shoes to meet Mayor of Sheffield. A Bath towel and swim togs for recovery.

<u>The European Tour Team Kit</u> For players traveling in November, which is Colder, the team kit consists of 1x Long sleeve Polos, 1x short sleeve polo, 1x Training Kit, 1x Winter Jacket, 1x Playing Shirt, 1x playing shorts, 2x playing socks, Team Track Suit, Team Bag and Water bottle

<u>The Spainsh Tour U11 & 12 aged Team Kit</u> For the younger players traveling in September, which is warmer, the team kit will consist of 1x short sleeve polo, 1x Training Kit, 1x Playing Shirt, 1x playing shorts, 2x playing socks, Team Track Suit, Team Bag and Water bottle.

#### **TOILETRIES**

Tooth paste, toothbrush, soap, soap box, shampoo, razor, comb, toilet bag, aftershave & deodorant. Take a few plastic bags to put your training kit in until they can be washed.

#### **Medical**

It is advisable to pack your preferred pain & headache tablets.

Plasters, detol, Vicks vapor rub, Voltren or Arnica, heat rub, throat lozenges & any personal requirements in the way of anti-biotics, please get a note from your Doctor.

#### **GIFTS**

You may wish to take along some appropriate Australian gifts to give to both the Spanish & English coaches and their players. Possibly you may acquire some form of gifts from your own local Mayor or Council. For the Brisbane players I've already have an arrangement with the Lord Mayors Office.

#### **BOOTS**

**The Spanish Tour in September** round mounded studs are recommended as all the training and games are on 3G and 4G Surfaces

#### The European Football Tour

Due to the different surfaces you will encounter, we suggest for you to take your normal round molded boots as well as 6 stud boots and indoor boots or Runners. Please be aware bladed boots are not allow on 3G surfaces, so are BANNED on this tour, due to the injuries caused by them.

Boot polish, a brush and boot bag. A scrubbing brush to clean the mud off, your boots after training and or games.

NB. On returning to Australia all footwear has to be spotless and declared at customs.

#### EXTRA Football EQUIPMENT

Remember to bring shin pads, strapping tap, insulation tape, Arnica, icy hot or deep heat and a spare pair of bootlaces,

#### **OTHER INFORMATION**

- 1) Remember to always dry your hair before going out in the cold, other wise you will pick up a cold the next day.
- 2) After trainings or Games, all players are to Shower; clean your boots with a scrubbing brush wash the mud off your kit in the shower then put your kit in a plastic bag. Dry your hair, before going out into the cold air.
- 3) Please do not make phone calls from your room; it is ok to receive incoming calls.
- 4) Please do not use the bar fridge as you will be surprised of the costs.
- 5) Please do not call room service or order videos as it is very expensive.
- 6) Any damage to the room, you are responsible for the cost.
- 7) The rooms are to be kept tidy at all times as they are serviced every day.
- 8) You may take a camera and or video camera.
- 9) Please make a photocopy of your passport. Also make copies of your flight tickets. This is in case anything goes missing.
- 10) Check if you have had a tetanus injection, not more than 5 years.
- 11) Remember strictly No Smoking, No lighters, No alcohol, No Drugs, No Abusive language and bullying. But please do bring with you manners, respect and honesty.
- 12) This is a Football Tour while you are out side of Australia you are an Ambassador of Australia.

All further information will be passed on as we receive it, like the itinerary and contact numbers.

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