



# What to Have in Your Bag for International Tours

## Some Important Information

- Players should use their backpack as their carry-on and should pack ALL uniform items, including shin guards, cleats and turfs, and goalie gloves (if applicable) in their backpacks. It is recommended that they also include a change of clothes in their carry-on if checked luggage is misrouted or delayed.
- Make sure all bags are clearly marked with name of traveler. Consider adding a distinguishable mark to it like a colored tag/ribbon for easy identification.
- All uniforms apparel, including socks, must be clearly marked with name and/or initials. This will ensure that all items are returned to their rightful owner if we coordinate a team laundry and after washing match day kit.
- Please make sure all toiletries/medications are in accordance with TSA Regulations.
- We strongly suggest packing light to leave additional space for items and gifts that are purchased abroad. Check with your airline for specific information regarding luggage and carry-on restrictions and requirements.

## Travel Information

- Airline Ticket Information.
- Face coverings and PPE as per airline requirements
- COVID related information and protocols as applicable – check tour web page for details.
- Phone and charger (make sure you travel you review any data fees for international travel and speak with your provider).
- Passport (check it has a minimum of 6 months before expiration date).
- Signed Consent Form.
- Copy of Travel Insurance.
- Copy of Schedule and Itinerary.
- Copy of passport.
- Spending Money - Pounds Sterling will be needed for trips to the UK and Euros for Europe. Check with your local bank or AAA for the rates here. Do NOT plan on exchanging at the airport as it can be costly and time consuming. Pre-paid Credit/Debit cards may have the best exchange rate and there are many ATMS, so check with your credit card company. Make sure you confirm that these cards can be used overseas.

## Clothing

- NCE Nike Academy Pro Drill Top and NCE Nike pants.
- NCE Black Polo Shirt with NCE Logo.
- NCE Nike White Tournament jersey, shorts, and socks (goalkeepers will need GK jersey not white shirt).
- Complete NCE Nike Black COE Uniform of Nike shirt, shorts, and socks.
- NCE Nike Goalkeeper Jersey if applicable.
- Additional NCE Nike Soccer Shorts and Soccer Socks in case of bad weather.
- Undergarments and/or compression wear for playing.
- Rain jacket (preferably NCE).
- Warm jacket (preferably NCE) for winter and early Spring tours.
- KHAKI PANTS (I.E. CHINOS NOT DENIM) FOR TRAVEL TO VENUES AND NCE EVENTS.
- Extra casual Clothes for After Training (Track Pants, T-Shirts, Hoodies, shorts, jeans etc).
- Socks and underwear for everyday wear.
- Pajamas and sleep wear.
- Pack a hat to protect from the sun or warm hat for winter and early spring tours.
- Please see the NCE Store for any recommended additional items.

(Please note when we are on the field for training or games players are required to wear NCE branded clothing.)



## What to Have in Your Bag for International Tours

### Footwear

- Soccer Cleats and Turf Shoes. Games may be played on turf or grass.
- Slides/flip flops for after the game and for lounging.
- Indoor athletic shoes suitable for futsal or indoor play.
- Additional athletic shoes such as comfortable sneakers for training, running and for when we are doing any walking tours or sightseeing.

### Equipment

- Shin Guards.
- Shin Guard Sleeves/Tape/Straps.
- Soccer Bag.
- Refillable Water Bottle(s) (have this empty and on hand for your flight).
- Keepers: Goalie Gloves and Goalie Pants as preferred.

### Additional Items – REMEMBER TO PACK ANY LARGER LIQUIDS IN YOUR CHECKED BAG!

- Mesh Laundry Bag with your name on. Ideally the kind that allows you to put dirty clothing in and then put directly in the washing machine.
- **TOWELS** - For our Pro Academy Tours to Oakham and Uppingham School you will **NEED TO BRING WITH YOU** a bath towel, hand towel and face cloth. Tours that use hotel facilities will have towels made available, but we would suggest always packing your own in addition.
- International Charger (travel chargers can be found in stores like Bed, Bath and Beyond, TJ Maxx, Marshalls etc.)
- Toiletries – soap, anti-perspirant and deodorant, toothbrush, toothpaste etc. Also suggest bringing sunscreen, bug spray and lip balm.
- Hair accessories (as required).
- Electronics & Charger. Also consider a portable charger/power pack to keep phone charged on travel.
- Headphones for travel.
- Medicine if applicable (should be given to the coaches for administration if unaccompanied).
- Snacks for the plane journey from USA.
- Remember to pack reading materials and load music or videos to your electronic device before travel.
- Personal Protective Equipment as required i.e. face masks, hand sanitizer etc.

We will have limited laundry facilities during the tour but will collect match uniforms after games to wash and prepare them for our next fixture so imperative that you identify your NCE items of clothing.

Please continue to check our FAQ page on the International Tour web pages for updates and additional information.