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## WE HELP YOU TO PREPARE YOUR BAGGAGE

### JUST FOR PARTICIPATING YOU'LL RECEIVE:

- Two t-shirts
- two shorts
- One backpack
- One hat
- Two pairs of socks

\* The repeaters will receive the same amount of material as the NO repeaters

### TO SPEND THE WEEK WITH US YOU SHOULD BRING:

- Two warm-ups and warm sweaters
- Plenty training clothes (shorts and shirts)
  - Football shoes
  - Sport sneakers
  - Shin pads
- Clothes to go on a possible field trip
  - Swimwear, towel and sandals
  - Personal grooming kit
  - Sun protection
- We recommend not bringing much money since everything is included  
NOT recommend bring cell phone

### VERY IMPORTANT:

Remember to bring:

- Your ID or passport or official letter from the police authorizing to leave and re-enter the country.
- Insurance card

\* The authorization is only necessary when the participant uses the organization's bus to and from Barcelona. If the participant has a passport, the permission will not be necessary.