



PRO TOUCH SOCCER ACADEMY

"THE BRIDGE & EXPERIENCE TO PROFESSIONAL FOOTBALL"

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Dana Cup 2010 Players kit lists

Please find below the items you will need to bring with you, the highlighted in YELLOW is essential that you have.

PASSPORT - Must be valid at least six month after return date.

EUROPEAN HEALTH INSURANCE CARD (EHIC) - Available at most post offices.

MEDICATION/PERSONAL REQUIREMENTS-

Asthma inhalers, glasses, knee/ankle supports, deep heat, books, magazines.

Homework, prayer mats, religious scriptures.

SPENDING MONEY £50 -£80 (exchanged into DANISH KRONA) funfair, snacks, evening entertainment, personal usage.

ELECTRICS- Camera, video recorder, iPods/mp3 player, phone chargers, Plug converters (two pin).

FOOTBALL BOOTS- Studs, Moulds, Astros.

SHIN PADS

SANDELS / FLIP FLOPS

TAPE FOR SOCKS, VASELINE, VICKS, PLASTERS.

TRAINING KIT- PTSA White & Black T-shirts, Puma Black Shorts, Puma White Socks, new 2010 Puma Tracksuit & Drinks bottle.

SHIRTS/ T -SHIRTS/SHORTS

TROUSERS /JEANS

UNDERWEAR

SOCKS

SLEEPING CLOTHS

COAT/ JACKET (THE WEATHER IS GENERALLY NICE AND WARM OUT THERE, BUT JUST INCASE, BE PREPARED)

JUMPER / SWEAT TOP

BEDDING (Bed Sheet, Pillow & Case, Sleeping Bag) – Washing facilities will be available.



TOILETRIES/SHOWER KIT
BATH TOWEL
TOOTHBRUSH & PASTE
SHAMPOO
SHOWER GEL
SUN CREAM / SUN BLOCK
COTTON EAR BUDS
NAIL CLIPPERS
HAIR GEL
SOAP & WASHING POWDER
SPORTS SANDALS / FLIP FLOPS
BODY SPRAY/FRAGRANCES

SMALL SHOWER BAG (Available at boots, very handy and useful)

SWIMMING SHORTS (Bring spare plastic bags for wet clothing)
Anything else you feel is essential or personal; please feel free to bring
along within reason (no Wii, DS / DSi, PSP, X-Box etc).

**Your LUGGAGE/SUITCASE should not weigh
more than 20kg MAX**