



Suggested Packing List for Argentina

Some things to consider when packing (this is not a comprehensive list, just some suggestions).

- ✧ All sports equipment/sports apparel unique to your sport (we recommend you carry on your sport necessities on the plane)
- ✧ Any pre-wrap, ace bandages, sports items that you regularly use. Do not assume that the USA Medical Staff will be able to provide everything daily for you.
- ✧ Backpack or something to wear while touring (you will receive 1 backpack in our USA apparel package!)
- ✧ Bathing suit(s)
- ✧ Cell phone with back up battery charger
- ✧ Comfortable shoes for traveling (not for competitions)
- ✧ Chargers & Converter (for types C and F)
- ✧ Gatorade/mix with electrolytes—powder packs or containers. It will be hard to find the same products overseas.
- ✧ Granola Bars/Fruit snack items - especially for the picky eaters who often find themselves hungry
- ✧ Hats/head coverings - it is VERY HOT in Argentina in the summer (will be provided in apparel package)
- ✧ Umbrella/rain coat
- ✧ Kippah
- ✧ Light jacket (for evenings and airplane)
- ✧ Nice but casual outfits for Shabbat
- ✧ Medication, over the counter as needed. Prescription medication, enough for the duration of the games. Prescription medication must be in original container with your name, dosage and instructions.
- ✧ Pajamas
- ✧ Pants and shirts
- ✧ Sandals
- ✧ Shorts
- ✧ Cell phone plan (check with provider on international plans; TBD on sim card availability for purchase in Argentina)
- ✧ Socks
- ✧ Sneakers/cleats/shoes for your sport
- ✧ Spending Money - ATM card or credit card. Please be sure to notify your bank you are traveling overseas. Cash is king in Argentina.
- ✧ Sunglasses
- ✧ SUNSCREEN! Sunscreen is often more expensive overseas
- ✧ MACCABI USA APPAREL (**Opening Ceremony outfit, competitive uniform etc.**). **Bring all to Argentina!**
- ✧ T-shirts
- ✧ Tiger balm/Icy Hot/Badger Balm - whatever muscle relief you use
- ✧ Toiletries (assume that none will be provided): shampoo, conditioner, body wash, makeup, toothpaste, etc.
- ✧ Undergarments
- ✧ Water bottle
- ✧ Leave expensive jewelry, watches, etc. at home
- ✧ Woolite/Detergent - this will be VERY useful for you if you want to wash any small laundry items in your hotel rooms (socks, undergarments, etc.).
- ✧ **PASSPORT!!!!** Do not forget for your international flight. It is also a very good idea to have several photo copies of your passport in your luggage & carry-on bag.