



Suggested Packing List for London

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 and something to wear other than MUSA apparel while touring (**YOU RECEIVED A NON-BRANDED SYNCH BAG IN YOUR USA TEAM APPAREL PACKAGE TO WEAR DURING TOURING. PLEASE PACK EXTRA MUSA NON-BRANDED CLOTHING TO WEAR WHILE OFF CAMPUS**)
- Bathing suit(s)
- Cell phone with back up battery charger
- Comfortable shoes for traveling (not for competitions)
- Chargers & Converter/Adaptors (TYPE G)
- Portable fan- there is no air conditioning in the dorms ([Portable fan suggestion from Maccabi GB](#))
- 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 can get hot in England in the summer (will be provided in apparel package)
- Kippah
- Light jacket (for evenings and airplane) and sweatshirts. It can be cool in London during late July and August and may not get above 75 degrees at times.
- An umbrella or raincoat – this is a must!
- Nice and appropriate casual outfits for Shabbat, something you would be comfortable to wear in front of family. Men should wear slacks and a polo or button-down shirt. Women should wear something knee length. Chinos/skirt/dress
- Medication, over the counter as needed. Prescription medication, enough for the duration of the games
- Pajamas
- Pants and shirts
- Sandals
- Shorts
- Socks
- Sneakers/cleats/shoes for your sport
- Spending Money - ATM card or credit card. The University is a CASHLESS campus. Please be sure to notify your bank you are traveling overseas. British Pounds are easily accessible however, major credit cards are widely accepted throughout the UK. AMEX is NOT accepted on Campus.
- Glasses/contact lenses
- Sunglasses
- SUNSCREEN! Sunscreen is often more expensive overseas
- MACCABI USA APPAREL (**Opening Party outfit, competitive uniform etc.**). **Bring all!**
- 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.). There will be a laundry facility on campus that costs about \$8 to wash and dry a load of laundry
- **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.