

WHAT YOU NEED TO BRING



We will give their awesome, UK Football Trials 5 day camp exclusive personalised playing kit when they arrive at the camp. This will be a shirt, shorts and a pair of socks. We ask that players look after it carefully.

Last year we had mixed weather, but it could be hot and sunny or raining this summer but please prepare for all types of weather conditions as the Academy still runs in all different types of weather.

FOOTWEAR:

Outdoor football boots for playing football on grass pitches that could be wet or hard

depending on the good old British weather!

We recommend you wear studs, or blades, or molded studs to ensure a good grip...

Indoor astro boots will not be suitable on the surface

Some training will take place on the astro so bring trainers or astro boots for that.

Indoor trainers for the gym, conditioning work and psychology

Socks – football socks that fit shin pads, socks for the gym, socks for rest time and dinner to relax in. You need at least 1 pair each day.

Shin pads to be worn AT ALL TIMES on the football pitch (Pro clubs do not let players onto a field without them at trials – we set the same standards here!)

Flip flops, if you would like to get from the swimming pool to the changing room, or to rest your feet after training or in the evening



CLOTHING:

Underwear- Players will need to use at least one different pair a day.

Football shorts and gym suitable shorts, swim shorts for the pool,

Trousers for casual evenings and comfortable trousers / tracksuit bottoms

- Football shirts and training tops for all weather conditions, thermals / skins if required.

You will need 1 for each day at least

- Warm training top, hat, gloves (if you feel the cold) and a fresh shirt for each day
- Gym T-Shirts for conditioning - bring 3 of these.
- Casual tops and clothes for the psychology, evening down time and relaxing
- Pyjamas / sleeping clothes for night time
- Waterproof jacket

OTHERS:

✂ Toiletries (toothbrush, toothpaste, shower gel, shampoo, deodorant etc.)

✂ Towel – PLEASE DO NOT FORGET THIS!

- Swimwear
- Sun cream - we are always optimistic !
- Some cash for the vending machines/tuck shop (£10-£20 should be fine)



- Mobile phone – we recommend downloading WhatsApp for communication with family
- UK Adaptors & Chargers for any electrical items
- Cash if required after the camp for transport

PLUS will not be held accountable for the loss, theft or damage of any items.

- Casual clothing for lessons, comfortable shoes for excursions, waterproof jacket and/or umbrella
Trainers and sports clothes, swimwear, towel, something smart for disco/talent show, electronic devices (camera, mobile phone) – please look after these!
- Electrical Adaptor (which **MUST** comply with UK standards).
- Please label all your items with your name in case they get lost.