

WHAT TO BRING – PIANCAVALLO

FOR PLAYING

- Whatever needed- We'll give them uniform (you can buy a second one during enrollment)
- Playing shoes
- Playing socks
- Water bottle
- Electrolytes if you find necessary
- Yoga mat for athletic preparation
- [Pull up band](#) for athletic preparation

DURING CAMP:

- Sun glasses
- K-way or light wind jacket
- T-shirts
- Hoodie
- Shorts and long pants
- Tracksuit
- Sneakers
- Trekking shoes
- Flip flops (shower and for hotel)
- Mosquito repellent
- Underwear
- Pajamas
- Tooth brush and tooth paste
- Hair dryer
- Soap and shampoo
- Sun lotion and after sun
- Anything needed for personal hygiene
- Alarm clock
- Blister plasters

IT'S COMPLETELY FORBIDDEN to have:

- Alcoholic drinks
- Tobacco and electronic cigarettes
- Knives and any sharp tool
- Medicines (unless declared)

We highly recommend not to bring:

- Music players and videogames
- Ipod/Ipad/Tablet/MP3
- Go Pro and action cameras
- Valuables in general

We recommend to give the participants around €20 to buy anything else not included in the fee (like ice cream or so). We also suggest to bring playing cards or any game they wish to share with their friends during downtime.

Bed linen and towels will be provided by the hotel.