WHAT TO BRING – PIANCAVALLO

FOR PLAYING

- Whatever needed -we'll give them uniform (you can buy a second one during enrollment)
- Basketball shoes (we'll be playing both outdoor and indoor)
- Basketball socks
- Water bottle
- Electrolytes, if necessary
- Yoga mat for athletic preparation
- Pull-up band for athletic preparation (max 3 cm width)

DURING CAMP:

- Sunglasses
- T-shirts and longsleeves
- Hoodie
- Shorts and long pants
- Tracksuit
- Sneakers
- Flip flops (for the shower and hotel)
- Bathrobe and towels
- Mosquito repellent
- Underwear
- Pajamas
- Toothbrush and tooth paste
- Hair dryer
- Soap and shampoo
- Anything needed for personal hygiene
- Alarm clock
- Blister plasters (i.e COMPEED)

.....

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.

info@nbabasketballschool.it