

TRIP ESSENTIALS

To give you an idea of what to pack (and to avoid any excess baggage charges!) please find below 3 checklists of trip essentials:

Tennis Equipment:

- A minimum of 3 rackets
- String (know your tension in lbs & kgs)
- Tennis shoes and running shoes
- Match towel
- Drinks bottle
- Sports drink powder / tablets (if applicable)
- Sweat bands
- Hat
- Sunscreen
- Skipping rope
- Dyna Bands or tubing for injury prevention

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Clothing:

- 2 match shirts / tops per day
- 1 training shirt / top per day
- 2 pairs of socks & underwear per day
- Shorts / skirts / tracksuits as needed
- Towel to shower with at the Tennis Centre
- Warm clothing in the Winter
- Casual clothes for the evening
- Hair bands / clips as needed



Other Items:

- Money and / or bank ATM card
- Mobile phone and charger
- Adaptor plug
- Alarm clock
- Study books / work + pen & notebook
- Reading book
- Watch
- Passport, travel documents, visas (if needed)
- Goal sheets from individual coach
- S&C / injury prevention programme



This is not a definitive list and just a guide as to the minimum you should bring.