



SOUTHAMPTON PLAYER TOUR 2025 PACKING LIST

WEATHER:

- The average temperature for most of the year is low to mid 50's.
- Temperatures from March – May average around 45°F to 60°F (7°C to 15°C) with early mornings and evenings being cooler in temperature.
- Spring is a season of great variation in weather in Great Britain. Spring tends to vary, but most likely there will be rain or overcast skies during the tour. One day may be warmer and sunny, while the next could be rainy and overcast, so prepare for all types of weather on this tour.

PACKING LIST:

GEAR PROVIDED (**SOCCER.COM**)

- Jerseys (*red; black*); Shorts (*red; black x2*); Socks (*red; black*)
- Goalie Jersey – *this jersey will replace the black field player jersey*
- Shorts Sleeve Practice Shirt (*charcoal gray*)
- Long Sleeve Practice Shirt (*heather gray*)
- Hooded Sweatshirt (*black*)
- Additional Player Apparel/ Fan Gear purchased through Soccer.com – *if applicable; NOT REQUIRED*

ADDITIONAL SOCCER GEAR

- Cleats and/or Turf Shoes – *players will be training on multiple surfaces throughout the week*
- Shin Guards
- Additional Socks – *black or red soccer socks; athletic socks*
- Sneakers and/or Slides – *for the bus and in between sessions*
- Your Club Kit – *one day during the tour all players will wear their club kit for a picture after training*
- Leggings, pants, under armor or long sleeves, beanie, gloves, etc. – *reminder to pack for the weather*
- Tape, Pre-Wrap, Headbands, - *any additional items you need to play*
- Soccer Bag for all gear
- Water Bottle labeled with your name

SOCCER BALLS WILL BE PROVIDED AT TRAINING SESSIONS

PERSONAL CLOTHING

- Winter Jacket/ Accessories – *seasonal*
- Rain Jacket/ Rain Boots – *as needed*
- Shirts, Sweatshirts, Jackets – *leisure clothes for down time/non-football activities*
- Shorts, Leggings, Jeans – *leisure clothes for down time/non-football activities*
- PJs/ Sweats
- Socks and Additional Undergarments
- Comfortable Shoes – *we will be walking for a lot of different activities*



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TOILETRIES

- Shampoo/Conditioner- *standard soap and shampoo will be provided in the hotel*
 - Bodywash/Loofah
 - Toothbrush/Toothpaste/Mouthwash/Floss
 - Facewash
 - Brush/Combs
 - Hair Ties/Headbands
 - Deodorant
 - Nail Clippers
 - Chapstick
 - Sunscreen
 - Any additional items needed to get ready/prepared in the AM and PM
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IMPORTANT ITEMS

- Passport
 - Travel Insurance Information
 - Prescription Medication – *if applicable*
 - Vitamins or any needed over the counter medicine
 - Travel Converter/ UK Power Adaptor
 - Laptop, IPAD, Camera, Phone, Headphones – *any personal electronics are brought at your own risk and should NOT be used at any training sessions*
 - Homework Assignments – *if applicable*
 - Sim Card – *can be purchased at the airport in the UK or a travel plan purchased with your phone carrier*
 - Money/ATM Card – *typical purchases will be at the St. Mary's megastore; snacks and or treats; shops in town*
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MICELLANEOUS

- Hand Sanitizer
- Umbrella
- Battery Pack
- Packing Cubes
- Laundry Bag
- Purse/Mini Backpack
- Sunglasses
- Jewelry
- Hair Dryer/Straightener/Other Hair Tools
- Pillow/Blanket
- Toiletry Bags
- Stain Remover



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TRAVELING AND PACKING TIPS

PACKING

- Bring 2-3 pairs of shoes – *shoes are the heaviest and take up the most space*
- Rolling clothes or using packing cubes will help save space
- Stuff your shoes with small items to save space
- Know your airline's baggage fee policy – *most airlines will allow one free checked bag on international flights (50 pounds or less)*
- Make a packing list to check off as you go
- Wear your heaviest clothes on the plane
- Bring a bag for dirty laundry
- Pack a few dryer sheets to avoid a “weird clothes smell”
 - This smell can come from clothes being in the suitcase over an extended period of time; packing 1-2 dryer sheets will keep all clothes smelling fresh
- Leave a little extra space for items purchased on the trip
- Pack any necessary items in your carryon bag – *change of clothes, soccer equipment, toiletries, electronics, etc.*
- Never check any essential items – *passport; luggage; money; valuables*
- When packing your carry on all liquids must be 3.4 fluid ounces or less and packed in a clear bag
- Buy mini versions of toiletries or look at purchasing toiletry items after arriving
- Add a luggage tag or mark your suitcase in a unique way
- When flying you may bring a carry-on item and a personal item:
 - Carry-On: Backpack; Duffel; Suitcase (22"x14"x9")
 - Personal: Backpack; Laptop Bag; Purse; Tote Bag (*item stored under your seat*)

FLYING

- Make electronic copies of your documents to have ready at hand just in case
- Don't forget to check in online 24 hours before your scheduled flight
- Show up early – *2 hours before your boarding time for international flights*
- Bring something cozy for the flight – *it gets cold and with the flight being overnight you will want to try to sleep on the plane*
- If you have any special dietary restrictions request a special meal when booking
- Pack snacks – *you will get a meal on the flight but if you are not a fan of airplane food it helps to have a snack or two ready on hand*
- Pack your headphones to connect with your phone – *international flights will have screens and headphones available to watch movies/tv for the flight*