



# 2018 SWEDISH NATIONAL WRESTLING TEAM TRAINING CAMP

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## 1. MANDATORY ITEMS

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- Valid Passport
- Permission to Travel form. If minor is traveling alone or **with 1 parent** a signed and notarized copy of permission to travel consent form is **REQUIRED**. Forms **MUST** be signed by **BOTH** parents.
- Any medical needs. IE prescription medications, Ringworm meds, nausea, Pain meds, allergies or other over the counter meds. Consent for medical treatment forms and insurance cards.
- 1 checked bag (under 50 pounds) and 1 carry-on and 1 personal Item allowed.
- Print out hard copies of any important personal documents you may need access to. Including all pages of your Passport!
- Your Uniform!!!!

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## 2. THINGS TO BRING

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- Warm Clothing! It will be in the 50s and lower at night.
- A towel, packages of travel laundry detergent – to keep up with small items/laundry needs after practice
- Clothing for 6-days of wrestling camp.
- Trading Items, the kids love to trade t shirts and singlets.
- Converter plug for charging phones or other electronic items. The plugs are not the same as here.
- Money for souvenirs. All meals and activities wrestling tournament and transportation are included in the trip price.

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## 3. WHAT NOT TO BRING

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- Jewelry
- ANY expensive electronics.
- Any items you would consider expensive or difficult to replace
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## 4. SUGGESTED ITEMS

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- International Phone plan. Data, calls and texts will be expensive. Wi-Fi will be available.
- International insurance if your carrier does not cover over seas
- Emergency contact list.
- Euros - Recommended that you get it prior to leaving (Euros are about 70-75 for every \$100)
- Get the Airline App for your phone and sign up for a miles program(free) this way you can check in to our flights 24 hours ahead and have less time in line at the airport