



FOREIGN COMPETITION TOUR PACKING GUIDELINES & SUGGESTIONS

Please read these instructions very carefully. You may want to print this document, especially the final page, and use it as a helpful checklist.

All travelers will be permitted to bring the following items at no additional cost - **one piece of checked luggage, a non-expandable carry-on if needed and a personal item** (backpack or purse). Though you will certainly want all items that are needed to enjoy a week-plus trip overseas, for a number of reasons it is best to 'travel as light as possible.'

Fliers must **be mindful of the baggage policies of the** airline with which one will be flying. Most airlines are fairly uniform and for international travel the permissible dimensions for checked baggage are: **"Up to 62.0 linear inches L + W + H and 50.0 lbs. per bag"**. Check the website of the airline with whom you are flying for the most up-to-date baggage requirements. Make certain that you will abide by their size and weight dimensions or it is likely to cost you \$60+ both on the way to Europe and on the return.

For **players** the checked piece of luggage would most likely be their equipment bag. These bags have enough space such that many personal items can fit in there as well as the football gear. In some instances, and with the use of plastic bags, it is possible for players to bring all that they need in their equipment bag along with a backpack. However, if needed a player can also bring a 'carry-on' luggage item with that often being a 'roller' (not over-sized or expandable). **Parents and family members** will often bring one piece of checked luggage (each) and then their personal item (not bringing a carry-on unless they are really crafty and that is the only item they bring).



For a player's checked luggage for over a dozen years we have never seen a standard-sized football/athletic bag denied or charged extra for checked baggage. However, if they are *excessively* large and/or over 50 lbs. you may need to be prepared to pay an extra fee. This most certainly can be avoided. Thousands of football players with whom I have traveled internationally have fit *all* they need for a game and a tour using the following guidelines all the while avoiding extra charges. Please note that *AFW will not be responsible for extra baggage charges.*

If necessary, in addition to your checked baggage you may also bring a compact carry-on bag ('roller') but **it must be** less than 22lbs. and less than 21.5"H x 15.5"W x 9.5D". Do not bring an oversized, expandable roller. An additional "handbag" (*small* backpack) can also be brought on board, but must be less than 10" x 13" x 8". Again, this can be a regular size, but not a large backpack.

Lastly, EU (European Union) and other destination's rules regarding liquids on board apply. Items must be in a sealable plastic, transparent bag. If needed, see the airline's website for more details.





WEATHER: You are encouraged to check the weather forecast for areas to be visited. Be mindful of both potential highs and *lows* as well. Note elevation can make a difference as well. It is always good to have in the least a light windbreaker, water repellent jacket to be able to utilize in the case of precipitation or high winds.

CLOTHING: Keep in mind the weather mentioned above. Please bring clothing that is comfortable, but looks presentable. Understand that when we are in public ***you will be representing AFW ELITE, potentially a university and the United States.*** Though jeans are certainly allowed ripped clothing is not permitted. T-shirts are permitted. Though we have a sense of humor, make sure any language on apparel is something of which your coach would approve. Also, you will be asked to wear your outerwear such that it covers your undergarments. Plan on wearing some items on a couple of occasions. *In addition, bring a small bottle of laundry soap to sink wash some items (undergarments, dry fit wear) at our mid-tour two-night stop so that they can dry out over two evenings.*

PLAYER PACKING: **If on an AFW ELITE tour, allow for at least an additional 7-8 pounds due to the apparel you will receive from AFW before departure to or upon arrival at our destination.**

In addition, we encourage you to have an item or two to give as gifts to foreign players with whom you will practice or compete. They are thrilled to receive and wear US football apparel (pro, collegiate or your high school). Even t-shirts and shorts you have worn once or twice but may not want anymore are acceptable as long as they are in good shape. If you have room you always have the option to bring a couple other items and do some trading (t-shirts, helmet stickers,...).

Of importance, as a priority ***it is critical that you have all the equipment that is needed to play American football when you arrive abroad.*** We will most likely not have items to replace what football equipment you are missing. (Note, that ***only standard facemasks are permitted*** in international play. Ones that have tight gridding and in which fingers can be caught are prohibited.)

IMPORTANT FINAL PACKING REQUEST – BE CONCISE: Being an American football team with equipment, our group certainly presents an extraordinary baggage challenge – especially for our motor coach. As is the case with international travel, anything that can be done to have players and families work to be compact in their packing will be beneficial to all of our travel.

PARENT PACKING REQUEST – for couples traveling together and where possible a player traveling with a parent, if you are able to bring one checked bag and one or two rollers (this is preferable) or two checked bags and no rollers this would be very helpful. Please try to avoid bringing two checked bags and two rollers. Thank you.



AFW FOREIGN TOUR PACKING - SUGGESTED CHECKLIST

Bags/Luggage (do not bring more than this; if you pack wisely you may only need 2 of these 3)

- **One Large Sport Bag or Larger Piece of Luggage** (*see dimensions above, to be checked at the airport, sturdy and can handle the weight*)
- **One Roller/carry-on Bag that meets carry-on requirements**
- **One Small Backpack (carry on)**

Large Sport Bag (make sure this fits airline requirement and weight)

- All Football Gear (see below)
- Pair of Jeans (wear another on flight?)
- 2-3 T Shirts
- Socks
- Toiletries
- A long sleeve shirt (or two)
- **Apparel to be Provided to You**
- Gym Shoes (or casual shoe – opposite of what you wear on plane)



Football Equipment Reminder (check off items when packing)

- Helmet (Clean/Decorated?)
- Mouthpiece/Chinstrap (2?)
- Shoulder Pads (extra laces)
- Thigh Pads or 5-Pocket/Hip Pads/Girdle
- Knee Pads
- Practice Pants?
- Cleats (Extra Laces?)
- Multiple Pairs of Athletic Socks
- Compression/Undershirt
- **QBs/ WRs/RB/DBS - Deflated Football***
- **Water Bottle (empty)**

Carry-on Bag (make sure this fits airline requirement and weight)

- Undergarments
- Non-athletic socks
- Khaki Pants (1 pair)?
- Sleep Wear
- Other Clothing
- Needed Prescription Medicine (*in permissible containers*)
- **Contact lenses** (*If you depend on replaceable lenses make sure they are in your carry-on*)

Additional Suggested Items to Pack

- Toiletries (Toothbrush/Paste, Deodorant, Comb/Brush, Razor/Shave Cream)
- Camera?/Phone?
- **Small container of laundry soap (1/2 way sink wash practice gear and other items then hang to dry, etc.)**

* Skill players - if possible, deflate a football and put in your luggage. We should have a hand pump and for practice we can use as many as possible. QBs most certainly bring your favorite ball.

