

## Checklist

### City Football Performance Program

Players will be provided with official City Football Schools training kit, including: 2x shirts, 2x pairs of shorts, 2x pairs of socks, 1x pair of tracksuit bottoms and 1x rain-jacket. Players will also be given a water bottle and a drawstring bag.

Laundry is provided for City Football kit only on a daily basis. Each player must have their own laundry bag. You can provide your child with their own laundry bag, or we can supply a laundry bag on arrival for £5.

Coin-operated machines are available for players to wash their own personal clothes, costing £2.50 per wash and £1.00 per dry.

In addition, we recommend packing the following items:

#### Key Items

- 3-pin UK plug adaptor
- Stationery - pens, pencils, notepad, dictionary
- Toiletries (e.g. including deodorant/antiperspirant, shower gel, shampoo, tooth brush, toothpaste etc.)
- Sunscreen
- Mobile phone charger
- Padlock for lockable drawer in bedroom

#### Football clothing and equipment

- Football Boots (cleats): firm ground e.g. moulded/rubber studs are ideal
  - Please ensure that football boots (cleats) have been worn-in well (used) before arriving, to minimise the risk of blistering and other injuries
  - Astro turf football boots are also allowed, if preferred
  - Metal studs/blades are **not** permitted
- Shin Guards
- Running shoes
- Base sports layers (optional, in case of cold weather)

#### Spare clothing for social times

- T-shirts
- Jeans
- Shorts
- Warm sweater
- Waterproof jacket
- Nightwear
- Underwear
- Comfortable shoes
- Sunglasses
- Hat
- Towel
- Sports bag
- Swimwear (required for hydrotherapy session for 14 - 17 year olds only)

Please note, players are responsible for the weight restrictions for their flight; any costs for additional baggage will need to be paid for by the player.



Players will have the opportunity to spend pocket money at Manchester City's merchandise shop, [CityStore](#). We suggest bringing approximately £100 for spending money. We will provide a secure place for storing passports and travel documents; money and other valuables can be kept in the players' room in a lockable cupboard provided, please provide the player with a padlock. Padlocks can be purchased on-site for £5.

**Do NOT bring:**

- Expensive electrical items
- Expensive jewellery or watches
- Credit cards or large amounts of cash

Please note, City Football Performance Program are not responsible for any lost or stolen items or clothing.