

LUGGAGE

List of clothing you should bring

All our students receive TWO West Ham United Foundation training kits as a gift. WHUFF kit includes a West Ham United Foundation 1 bag, 2 jersey, 2 shorts, 2 pairs of socks or sock legs depending on the kit size*

You will need to bring sports and leisure wear for activities and excursions or to be able to change in the afternoon after lunch. Luggage must include a good amount of sportswear**, as participants will need several changes of clothes during the week. All clothing should be marked with the participant's name. Here is a list of items we suggest your child should bring. **They will need enough clothes for 1 or 2 weeks, including:**

- Comfortable casual clothes (jeans, t-shirts, trousers etc.)
- Sports Equipment:
 - ✓ Sports tracksuit
 - ✓ Soccer shorts
 - ✓ White sports socks*
 - ✓ Soccer shirts (**not allowed with other football team logo)
 - ✓ Bag and raincoat
 - ✓ Football boots for natural grass and artificial turf. (please avoid bringing brand new (unworn) boots as these will undoubtedly cause blisters in the first days of use, limiting your child's participation)
 - ✓ Shin guards; must be used during training. (If they do not bring shin guards, they won't be able to train).
- Big and small towels
- Sneakers
- Rainwear (raincoat, umbrella)
- Nightgowns, pyjamas, underwear
- Personal hygiene products and toiletries
- Sun protection cream
- Lip balm sun protection
- Dictionary, notebook and pen



** You should bring or buy at the camp a washing net bag labelled with your name for the washing that you will need done.*

*** All your clothes should be clearly labelled with your name.*

**** You are not allowed to wear T-shirts from other football teams. Please, bring only a plain T-shirts, without any Club logo.*

Be aware that they need to bring white socks

White Sports Socks :

If your son or daughter is coming for one week, please make sure they have five pairs of white sports socks. If your son is coming for two weeks, please make sure they have ten pairs.

Depending on your child's kit size, he or she will either have full socks or professional sock legs (with no feet), which will need to be combined with sports socks for training. They will need one pair for each training day they are here.

There are three days per week to do the washing. The cost per washing is **£6**

The cost for a laundry net - **£10**, to buy on arrival

All residential students need to pay a deposit of **£150** on arrival at registration.