

BENFICA ELITE TRAINING CAMPS - LIST OF ITEMS TO BRING

WHAT TO BRING:

- **2 PAIRS OF USED SOCCER SHOES** (preferably one pair with cleats for “Astro turf” and the other pair with molded plastic studs for natural grass). **NO METAL STUDS ALLOWED.**
- 1 Pair of training shoes
- 1 Pair of training pants (black colour preferentially or dark blue)
- **SHINGUARDS**, which will be of **COMPULSORY** use in all the training sessions
- Slippers
- Material for the Swimming pool, like shorts, sandals and swimming cap (only for boys)
- Sunscreen

- Normally you are going to train two times per day, the whole training clothes will be going to be provided by Benfica. When you reach to the Academy to train, you will have a Kit manager to take care of all your clothes of training.

- Portugal plus adaptor (for cell phones)

- Toiletries including: Toothbrush and Toothpaste. The oral hygiene is very important for the health and the athletic form of an athlete, therefore after the meals it is essential to brush your teeth.

- If some medicine will be taken or if it will need some special care, do not forget to bring them and of course to warn us about it ahead of time including any special treatments or dosages, etc.

- Have some pocket change for telephone calls, soft drinks, souvenirs and other things. we recommend € 75-100 per week

- Make sure your clothes are marked with your name on them, have a list of the items in your luggage and **DO NOT BRING NEW SOCCER SHOES.** You need to have used, comfortable soccer shoes to play in.