



FRANCE

SUGGESTED CLOTHING

IMPORTANT

We remind you the obligation to provide **a medical certificate at your arrival** in the camp. You are also supposed to have given the vaccinations record during the camp registration.

Remember to bring in your luggage :

- A pair of football molded shoes (no metal)
 - 1 pair of Running/Training shoes (indoor backup)
 - Shin guards
 - Outdoor sandals/flip-flop
 - 3 towels
 - Toiletries
 - Wet weather clothing
 - 1 sweat shirt
 - 2 pairs of jeans/trousers or sweat pants (track suit)
 - 1 bag pack
 - Underwear and socks (lots!)
 - France plug adaptor (for cell phones etc.)
 - Sunscreen cream (just in case!)
 - A cap
- Mobile phones are allowed during evenings, participants are free to call their parents at that moment.

The PARIS SAINT-GERMAIN Academy camp will provide :

- Bed sheets
- PARIS SAINT GERMAIN Academy equipment (2 jerseys, 2 pairs of shorts, 2 pairs of socks, 1 track suit and 1 sport bag)