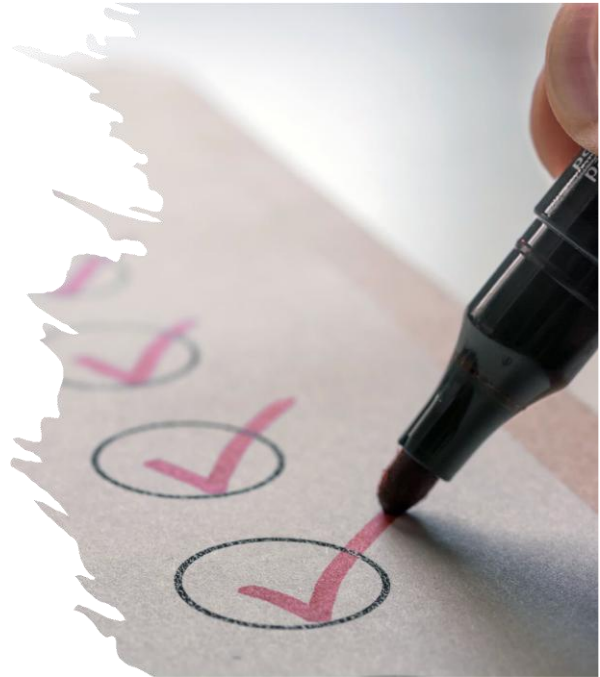


# PRE TRIP PLANS

- Accept Selection
- Check Licenses (if applicable)
- Ensure you have joined Trip WhatsApp group
- Ensure all flights & hotels are booked
- Ensure all travel documents are valid
- Purchase tickets for Aquapark/Team Dinner
- Get your currency
- Ensure you have all required fencing and Academy kit
- Complete the Goal Setting form or PIAP



# PACKING LIST



## FENCING EQUIPMENT

- Mask
- Jacket
- Plastron
- Breeches
- 2x Body Wire
- 2x Mask Wire
- 2x Sabre
- Lamé
- Glove
- Fencing Shoes
- Fencing socks

## NON-FENCING ITEMS

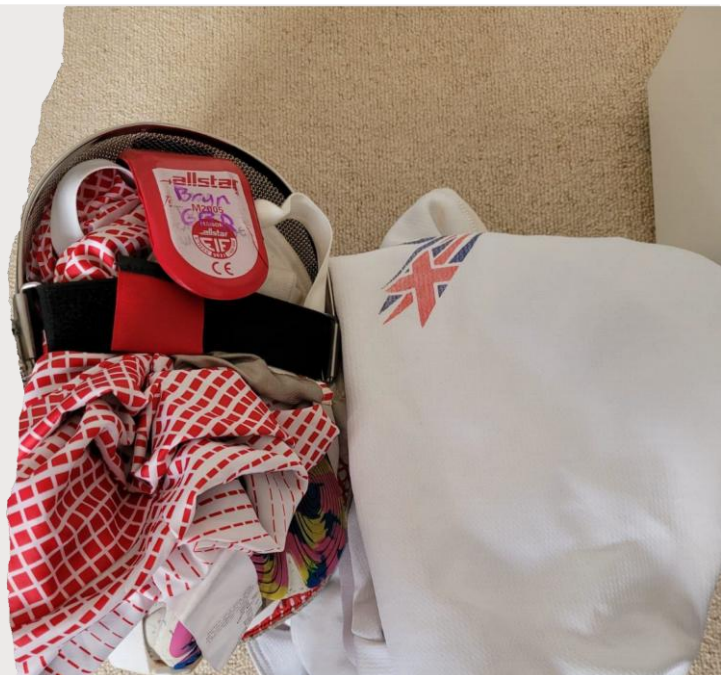
- Academy kit
- Passport
- Day clothes
- Phone & charger
- Adaptor plug
- Travel insurance
- Travel toiletries
- Entertainment for down time

# PACKING

Difficult to replace fencing equipment should be carried in hand luggage, with the fencing bag used for clothes and weapons.

Mask, Fencing Shoes, Lamé, Whites and Glove should all go into hand luggage.

Ensure you book appropriately-sized carry-on allowances in order to facilitate this



# EQUIPMENT AT COMPETITIONS

Spare equipment to be brought to the piste:

- Spare wires
- Drink/snacks
- Spare sabres
- Medication (ie inhalers)

We recommend using a top bag to carry everything to the piste

All equipment should be labelled, especially sabres, masks and gloves

Phones, headphones and any spare kit should not be left unattended



# COMPETITION EXPECTATIONS

- Prompt arrival at requested time
- Participation in group warm-ups
- Wearing squad uniform at all times in the venue
- Supporting teammates wherever possible
- Coaching only from coaches and designated teammates
- Good discipline on and off the piste
- Managing own equipment
- Taking responsibility for all drinks, food, medication etc
- Maximum effort for every touch

