

## WAG TOUR SELECTION – PACKING LIST GUIDELINE

*This is not an exhaustive list so please pack based on your personal needs.*

*Each person is allowed 1 checked bag and 1 carry on bag. [Toronto Pearson Baggage](#)*

### **CARRY ON (and wear track jacket)**

- Passport, Vaccination QR code (if necessary), ID
- Wallet /Money Belt – Cash (US dollars – include small bills) – Bank Card (cash min approx. \$50 USD per day for food and additional access to cash for excursions, transit etc.)
- Tissue (Kleenex), Sanitary wipes, Hand sanitizer
- Phone (and appropriate phone plan)/ Headphones/Chargers and cords
- Music/Ipad/Kobo/book/magazine
- Pen – black or blue ink (to fill out customs forms)
- Sunglasses/reading glasses/ Earplugs/ Neck Pillow etc.
- Gum/snacks

*\*if you are planning on only packing a carry-on bag please check out acceptable amounts and containers for liquids etc. [What have I bring?](#)*

### **Things to bring for competition (\* carry-on bag/ seal in ziploc):**

- Training and Competition Leotards\*
- Team Ontario Track Suit (jacket must be worn at all times including travel times)
- Grips or Wrist Guards\*
- Athletic tape/pro-wrap
- Personal braces/supports (e.g. knee straps etc.)

### **GYM MEET**

- Gym bag
- Athletic tap, braces, grips etc.
- Water Bottle, snack

### **BATHROOM**

- Deodorant
- Shampoo, conditioner, brush, comb, elastics
- Tooth brush, paste, floss
- Straightener/curling iron and styling products (as needed for personal or for competition)
- Moisturizer
- Personal hygiene
- Personal towel if going to beach/off-site from hotel

### **MEDICAL KIT (based on personal needs)**

- Band-aids, tape etc.
- Advil/Benedryl/Medication (in original containers) etc.
- Hot water bottle/ Ice pack or bag for Ice
- Sunscreen/ After sun
- Out of Country Travel Insurance Information/Contact information/health card

### **CLOTHES (check and be mindful of destination temperature and climate)**

- Pajamas
- T shirts and/ or Long sleeve shirts
- Pants/legging and/ or shorts
- Dress/ Dressier outfit
- Socks, bras, underwear
- Sweater
- Swim suit
- Raincoat/Umbrella
- Comfortable Walking/Running Shoes
- Other footwear: sandals, dress shoes, flip flops/sliders to wear to the pool or during competition, comfortable walking shoes

**OTHER**

- Games/Cards

Notes/Recourses:

- Recommend [Download Mobile Passport Control](#) and [Arrive CAN](#) app onto your phones
- [What can I bring \(carry-on or checked baggage\)?](#)

\*\*\* The **average** temperature in Phoenix, Arizona in January is 20 degrees (high) and 7 degrees (low).