



alicante

spain

language &
basketball camp

useful information

What to bring to the camp: clothes, documents, medicine, pocket money...



Packing list for camp

Tip: Begin packing several weeks in advance to avoid last-minute shopping or at least check this list.

It could be a good idea to print the Basketball Camp packing list and check it because we may have forgotten to include something that your child considers important.

- Workout gear for 1 week
- Daily casual clothes
- Documents
- Medicine
- Material for the language courses
- Other items
- Pocket money



alicante spain

language & basketball camp useful information

Every day participants must wear appropriate sports clothing and extra clothes to change into for the language school and Alicante city centre. It is forbidden to wear swimsuits on the street.

WORKOUT GEAR FOR 1 WEEK

- 5 T-Shirts and 5 gym shorts
- 5 pairs of socks
- 2 pairs of basketball shoes (new shoes are not a good idea; you will get blisters and not be able to train)
- 1 sweatshirt or 1 tracksuit (just in case it gets colder, although this is rare in Alicante)
- Ankle, knee and wrist supports or any other protective gear
- Protective tape for strapping body parts (i.e. fingers)
- Compeed Blisters
- Creams or gels used to warm up muscles, if applicable
- Small toiletries kit to bring to the basketball court

DAILY CLOTHES FOR 1 WEEK

- Shorts, trousers, T-Shirts
- 1 fleece jacket or sweater
- Plenty of socks and underwear.
- Pyjamas / sleepwear
- 2-3 swimsuits, sun hat
- Shoes or sandals plus flip-flops for the shower, swimming pool and beach
- Sunglasses and sun protection appropriate for skin type with high protection factor (30 - 50 factor)
- Insect repellent
- Towels for the swimming pool and beach (3 medium-size towels). It is compulsory to bring at least one towel because the room towels cannot be taken out of the hotel.
- For missing towels in the hotel, there is €25 fee

VALUABLES

Zador cannot be responsible for valuables brought to camp. We strongly discourage bringing any valuables. Although the world does not stop if you are without a computer for a few days, there is a computer area available and there is free WIFI access at the hotel and at the school.

DOCUMENTS, MEDICINE

- Passport (original and 2 copies) plus 2 passport photos
- Medication, if needed, in its original container, along with the explicit dosage. A signed medical release form should accompany all prescription medication (in English or Spanish). Please be sure to bring a medical certificate to camp and submit it with the photograph upon arrival.
- First aid kit with plasters/band-aids, ibuprofen, paracetamol or other medicine that may be necessary.
- Parental Permission.
- Health Statement & Medical Waiver
- If the camper wears glasses or contacts, bring 2 pairs of glasses and sufficient contact lens cleaner.

OTHER ITEMS

FOR THE LANGUAGE LESSONS

- Pocket dictionary & notebook, pens/pencils, etc.

OTHER ITEMS

- Hairdryer (available at the room but not at the basketball facilities)
- Backpack for the training sessions and off-campus activities and excursions.
- Camera and batteries
- Mobile phone (and charger) /calling card
- Laundry bag for wet or dirty clothing labelled with the name
- Laundry bags labelled (one for color clothes and another for with clothes in case participant contracts the laundry service).

POCKET MONEY

Students do not have much time to spend money during the day, except on ice cream or snacks before lunch and souvenirs, T-shirts or presents on Saturday and Sunday during the excursion to an adventure park. Therefore, they do not need a lot of pocket money. We suggest approximately €10-15 per day. If the student needs funds they may be sent by Western Union (not by bank transfer to ZADOR's account).