

# Team Australia Gear List

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## What to pack and what to wear to the airport

**This is the final packing checklist. Please use this list to tick-off items to make sure you have everything you need for the World Games.**

Please use a **permanent marker pen** to write your name on **every article** that you take, including socks and underwear. If using iron-on tags, please make sure they are securely attached to the item.

Please mark tops and shirts on the back of the neck/tag, pants and shorts on the back of the waistband and socks on the toes or soles.

Please ensure that no marking is visible from the outside of the garment!

### How to use this checklist

- Tick off each item as you prepare to pack your bag.
- Pack all items into your Team Australia luggage – no other luggage is allowed, except bowling bags, tennis racquet bags, golf bags and equestrian helmets).
- Please do not remove the coloured-coded name tags.

### What to wear to the airport

- Official Team Australia Tracksuit (green for athletes, blue for officials)
- Dunlop Volley shoes
- Team Australia socks

Athletes: Green-topped polo shirt with Coat of Arms



Officials: SOA blue topped polo shirt



## What to pack in your backpack for the flight to Berlin

- Three-weeks of medication packed in a WEBSTER pack
- Copies of prescriptions
- Passport
- Wallet or purse
- 1 x Team Australia long-sleeved T-shirt
- 1 x Team Australia Rugby Sweater
- 1 x Team Australia shorts
- 1 x Team Australia cap
- Small packet of wet ones/wipes/face washer
- Personal items, for example an iPad, camera or book
- Small notebook for recording purchases
- Any liquids – less than 100ml each in a clear zip lock bag approx. 20cm x 20cm, for example toothpaste, hand gel, roll-on deodorant. No aerosols – they will be taken away by security
- Toothbrush
- Hairbrush
- 1 x change of underwear
- Officials only:** disposable gloves

## What to pack in your large black trolley bag

- 1 x Team Australia water bottle
- 1 x Team Australia cap (packed in the top of your bag)
- 2 x remaining Team Australia plain polo shirts (athletes: white/navy; officials: green/gold)
- 2 x remaining Team Australia shorts
- Opening Ceremony track pants
- Opening Ceremony shirt
- 2 x t-shirts for training (not issued as part of your uniform)
- 2 x shorts for training (not issued as part of your uniform)
- 2 x plain white socks for training (not issued as part of your uniform)
- 2 x lightweight (summer) nightwear/pajamas
- Underwear for seven days
- Ladies: 2 x good sports bras (minimum)
- 1 x sports towel, if required
- 1 pair of thongs/flip flops for showering (not issued as part of your uniform)
- 2 x sets of your own casual clothing
- Mesh washing bag for laundry
- Electrical adaptor – European plugs
- Sunscreen – in date
- Toilet Bag:
  - Anti-bacterial hand gel
  - Soap/body wash
  - Talcum powder, if used
  - Hair care – shampoo, conditioner, gel etc
  - Shaving gear – shaving cream, shaver etc.
  - Aftershave/perfume
  - Personal hygiene requirements
- Officials only:** extra gloves

## **Sport-specific Gear List**

Please check the items needed for your sport. Contact your coach with any questions.

### **Athletics**

- Clean running/walking shoes in bag
- Full set of extra spikes with changing device, if used

### **Basketball**

- 1 x plain white socks for training and games (not issued as part of your uniform)
- Basketball shoes
- Skins, if required
- Protective ankle/knee/mouth guards, if used
- Strapping tape

### **Bocce**

- Competition shoes (tennis shoes or smooth-soled athletic shoes)

### **Equestrian**

- 1 x riding boots – must be broken in
- 2 x socks to wear under riding boots
- Chaps
- 1 x own jodhpurs for practice

### **Golf**

- 1 x golf shoes
- 1 x golf clubs
- 12 x new balls, preferably marked
- Tees and markers
- 1 x golf towel
- Scrubbing brush to clean shoes
- Pitch mark repairers

## **Gymnastics**

- Training leotard (issued)
- Competition leotard
- Hand guards and gym shoes/slippers if used
- 4 pairs of plain white socks (no logos or markings)
- Female gymnasts: Sufficient hair ties, clips, scrunchies, hair spray etc. for full competition
- Appropriate underwear for competition leotards – if unsure, talk to Natalie

## **Swimming**

- 2 x goggles, plus any spare goggle straps
- 1 x cap for training (team caps will be issued at the Games)
- 1 x pair of training bathers (minimum)
- Ear/nose plugs, if used
- 1 x chamois
- Plastic bag for wet gear

## **Tennis**

- Tennis shoes
- 3 x white tennis socks
- 2 x tennis racquet
- Tennis bag
- Sweatbands, if used

## **Tenpin Bowling**

- Bowling ball in bowling bag
- Bowling shoes