SKY HIGH SPORTS GUIDE TO PACKING FOR TOUR

Pack for the rugby, the destination and the journey. A little preparation before departure makes life on tour much easier once the group is on the road.

What Should I Pack for a Rugby Tour?

The exact packing list will depend on where you are travelling, how long you are away and what is included in your itinerary. A long weekend in Europe needs something very different from two weeks in New Zealand, but the same basic rule applies: bring what you need for rugby, travel and downtime without overpacking.

Your Tour Manager and coaching team will confirm any group-specific requirements before departure. Always check the expected weather, your airline baggage allowance and the final itinerary before closing the bag.

The Travel Essentials

Keep the important things organised and easy to reach.

- **Passport and travel documents:** Keep them secure and accessible throughout the journey.
- **Travel insurance details:** Have a digital or printed copy of the relevant information.
- **Money and payment cards:** Take an appropriate payment method for the destination and a small amount of local currency where useful.
- **Phone and charger:** Include the correct travel adaptor for your destination.
- **Any prescribed medication:** Carry enough for the whole trip and follow the relevant travel guidance for transporting it.
- **Emergency details:** Save the Tour Manager, Group Leader and key contact numbers in your phone.
- **Copy of your itinerary:** Keep the latest version available offline as well as online.

Tip: Do not put everything important into your checked luggage. Keep essential documents, medication, valuables and a few useful basics with you in your hand luggage.

Rugby Kit

Bring what you need to train, play and recover between fixtures.

- Playing shirts, shorts and socks as instructed by your team.
- Rugby boots suitable for the expected playing surfaces.
- Trainers for training sessions and general use.
- Gumshield and any personal protective equipment you normally use.
- Training kit and enough changes for the number of rugby sessions planned.
- Warm-up top, tracksuit or layers for colder destinations.
- Water bottle.
- Small kit bag or boot bag for matchday.
- Laundry bag or separate bag for wet and muddy kit.

Check before travelling: Your coach or Tour Leader may have a specific team kit list, dress code or requirement for matching travel wear.

Touring Extras & Gifts

One of the best parts of a rugby tour is the relationships built with the teams you meet. It is worth packing a few optional items that can be exchanged or presented to your hosts.

- **Spare club shirts or jerseys:** Great for swapping with opposition players after a fixture.
- **Club ties, scarves, caps or other small items:** Useful gifts for hosts, coaches or club officials.
- **Pennants or club memorabilia:** A simple way to thank a host club and leave something behind from your visit.
- **A few extra items rather than your favourite one:** You may want to trade more than once during the tour.

Optional, but very much part of touring: Shirt swaps and small club gifts are a great way to mark the friendships made on tour and often become some of the best souvenirs to bring home.

Clothing & Footwear

Pack around the itinerary rather than simply filling a suitcase. Think about what you will actually be doing each day - rugby, sightseeing, team meals, travel and free time.

- Comfortable everyday clothing.
- Enough underwear and socks for the trip.
- A waterproof jacket or lightweight outer layer.
- Warm layers where required by the destination and season.
- Comfortable walking shoes or trainers for sightseeing.
- Smarter casual clothing for team dinners or organised evenings.
- Swimwear if the hotel, beach or itinerary makes it useful.
- Sleepwear.
- Hat, sunglasses and sun protection for warmer destinations.

Keep it practical: Rugby tours involve plenty of moving around. Comfortable, easy-to-layer clothing will usually be more useful than packing for every possible occasion.

Toiletries, Personal Items & Technology

The small things are usually the things people forget.

Toiletries & Personal Items

- Toothbrush, toothpaste and everyday toiletries.
- Deodorant.
- Shampoo / shower products if you prefer your own.
- Sun cream where appropriate.
- Any personal medication or health items you routinely need.
- Glasses, contact lenses and spares where relevant.
- Small towel only if your accommodation or activities require one.

Technology

- Phone.
- Phone charger.
- Travel adaptor.
- Power bank for long travel days.
- Headphones.
- Camera or action camera if you plan to use one.
- Charging leads for any additional devices.

Remember: Label chargers, power banks and similar items where possible. They are some of the easiest things to leave behind in hotels and changing rooms.

Pack for the Destination

The most useful packing list changes with the destination. Weather, local culture, activities and even the type of rugby facilities can all influence what you should bring.

- **Cold or wet conditions:** Prioritise layers, waterproofs and spare rugby kit.
- **Warm climates:** Lightweight clothing, sun protection and a reusable water bottle become more important.
- **Long-haul travel:** Comfortable travel clothes, a power bank and a small change of clothing in hand luggage can make the journey easier.
- **Activity-heavy itineraries:** Check whether you need swimwear, walking shoes or activity-specific clothing.

If you are unsure, ask your Sky High Sports Tour Manager. We know the itinerary and can tell you what is genuinely useful for the destination.

Hand Luggage

Pack enough to cope if your main bag is delayed.

- Passport and travel documents.
- Phone, charger and travel adaptor.
- Wallet / payment cards.
- Prescribed medication and essential personal items.
- A change of underwear, socks and a lightweight top.
- Any valuables you do not want in checked baggage.
- Headphones and something for the journey.
- Reusable water bottle - empty when passing through airport security where required.

Air travel: Airline rules for liquids, batteries, cabin baggage and sporting equipment can change. Check the current allowance for your specific flight before travelling.

A Simple Final Check

Category	Before You Leave
Documents	Passport, insurance, itinerary and key contact details
Rugby	Boots, playing kit, training kit, gumshield and water bottle
Touring extras	Spare shirts, club gifts or memorabilia if you want to swap or present them
Clothing	Weather-appropriate layers, walking shoes and team-dinner clothing
Personal	Toiletries, medication, glasses / contacts and sun protection
Technology	Phone, chargers, adaptor, power bank and headphones
Hand luggage	Essentials you could manage with for the first 24 hours

---

One Last Thing

Leave a little room in the bag. Rugby tours have a habit of sending you home with a host-club shirt, a souvenir or two and a few things you definitely did not leave with.

Your group may receive a tour-specific packing list before departure, so always follow any instructions from your Tour Manager, Group Leader or coaching team.