



Travel Attire

- All groups representing ASB will be wearing the ASB white polo and plain smart trousers/pants, smart/casual shoes
- **We ask that students do not wear the following items:** athletic shoes, flip-flops, jeans (of any colour), sweat pants, shorts. ASB students are to always dress sharp and look great. If you are unsure of what to wear, talk with your coach or Ms Olsthoorn.

What to Wear/Bring

- Upon entrance to the tournament/meet on day one, each team will wear their ASB uniform during the opening ceremony. Students should talk to their teacher to make sure they are entering the event on the first day with the correct clothing/ uniform.
- BLACK/GREEN carryon bags are to be the 'team' bag to use at the event and take on the airplane
- GREEN duffle bags are for luggage and are to stay at host home
- Computer, camera, iPad, phone, etc., students may bring at their own risk

Student Rules and Regulations

- All students are to abide by the rules as outlined in the ASB & SAISA Student/Athletic Handbooks.
- All students will travel to and from Mumbai as a group. There can be no exceptions for organization and safety reasons.
- Upon arriving in the visiting country, students are not be permitted to leave their team/group, school or be picked-up by family members, relatives or friends.
- All students will travel to and from their host school with their sponsor/host family
- Students who decide to leave their team/host-family will be sent home at their parent's expense.
- Students who are smoking or consuming drugs/alcohol will be sent home at their parent's expense.
- No tattoo's and piercings are permitted to be added to a student during their time on a school trip
- Please be reminded that the students are ambassadors of ASB. Exemplary behaviour will be expected from all our students.

Housing

- Coaches will assign all rooming assignments for Homestay
- Chaperones are responsible for arranging the housing assignments for their teams.
- Chaperones may accept "pairing" suggestions from their students but these suggestions are not binding
- Housing assignments are not to be changed under any circumstances.
- Housing assignments will be made available to students and parents as soon as they are given to ASB
- ASB has final say in housing assignments

Gift/Customs – Say Thank you and Please

- The word "Thank you" will take you far. At one point near the end of the event, please ensure you personally thank the Athletic Director, Tournament Director, Secretary, etc.

Curfew Times & Telephone Check

- Curfew is set by the event director or ASB coaches at the end of each evening, default curfew is 10:00
- Students are not permitted to walk in the neighbourhood unescorted unless they are accompanied by a teacher or have specific permission from an ASB teacher.



Packing List – Definite Items

- ASB clothing, ASB practice shirt (If you have t-shirts from previous ASB SAISA tournaments, travel polo, bring them. *During the event, students should always be wearing something that says ASB*)
- Personal hygiene stuff – toothbrush, deodorant/antiperspirant, etc.
- Extra socks, underwear, bathing suit, towel and a set of comfortable clothes for the evening.

ASB Carry On Bag

- A little homework, but be reasonable in terms of weight. Photocopy any text books
- ASB team uniform (dark)
- Athletic shoes & socks

ASB Duffle Bag

- ASB team/sport shirt
- ASB PE or athletic shorts
- Water bottle
- Casual footwear
- 2 jeans, 4 socks, underwear, athletic shoes, ASB t-shirts or polo's
- Clothes for the evening
- Something tasteful to wear to the social
- Swimsuit, sunglasses, hat, sunscreen

Valuables

- Avoid bringing valuables in terms of electronics and jewellery if they are things you can live without
- Whatever you bring of value... be prepared for the possibility if it goes missing



Travel Check List

- Place a “CHECK” when you have complete your task.
 - This checklist was prepared to help you with your pre-trip planning.
 - Please be sure to pay attention to each of the details listed below so as to avoid any last minute disappointments.
-
- Pack uniform and any other item that you will need for competition/activity in ASB carry-on bag (Ask your coach, you may need to include: example, team uniforms, shoes, etc.)
 - Start hydrating 3 days prior to travel (drink 2-3 liters of water a day) to prepare for the flight and the sporting event you are about to engage
 - Pack your gift for host family
 - Give parents the housing list & phone tree
 - Pack any work or assignments that you might wish to complete while you are on the trip.
 - Have your travel clothes ready to go the day before you depart
 - We have your travel documentation - passport, ticket etc.
 - Medicines should have been passed to head coach with instructions
 - Have spending money with you when you leave home. We would suggest approximately \$15-20 per day (or local currency), plus money for souvenirs, etc. The amount you allow your child to bring is entirely at your discretion.
 - o India – Bring Rupees equivalent for all national travel
 - o International - If you have US\$, Euro’s or Sterling, please provide cash to your child, otherwise your child will need to exchange their Rupee’s into US\$ at the Mumbai Airport. Upon arrival at your international destination, the teacher will assist in exchanging money into local currency.
 - Eat a substantial healthy breakfast the morning you travel (eggs, toast, oats, fruit, veg, yogurt, etc.)
 - Review your airport/school arrival time, plan your departure from your home to ensure your arrival at the airport/school at least **15 minutes** prior to the “**requested**” arrival time
 - Remember to call your parents when you arrive at your host family