

List of clothing you should bring

All our students receive a West Ham United Foundation training kit as a gift. WHUFF kit includes a West Ham United Foundation 1 bag, 2 jersey, 2 shorts, 2 pairs of socks or sock legs depending on the kit size*

You will need to bring sports and leisure wear for activities and excursions or to be able to change in the afternoon after lunch. Luggage must include a good amount of sportswear**, as participants will need several changes of clothes during the week. All clothing should be marked with the participant's name. Here is a list of items we suggest your child should bring.

They will need enough clothes for 1 or 2 weeks, including:

1. Comfortable casual clothes (jeans, t-shirts, trousers etc.)

2. Sports Equipment:

- ✓ Sports tracksuit
- ✓ Soccer shorts
- ✓ White sports socks*
- ✓ Soccer shirts (**not allowed with other football team logo)
- ✓ Bag and raincoat
- ✓ Football boots for natural grass and artificial turf. (please avoid bringing brand new (unworn) boots as these will undoubtedly cause blisters in the first days of use, limiting your child's participation)
- ✓ Shin guards; must be used during training. (If they do not bring shin guards, they won't be able to train).
- ✓ Big and small towels
- ✓ Sneakers
- ✓ Rainwear (raincoat, umbrella)
- ✓ Nightgowns, pyjamas, underwear
- ✓ Personal hygiene products and toiletries
- ✓ Sun protection cream
- ✓ Lip balm sun protection
- ✓ Dictionary, notebook and pen
- ✓ Bottle of water



** You should bring or buy at the camp a washing net bag labelled with your name for the washing that you will need done.*

*** All your clothes should be clearly labelled with your name.*

****You are not allowed to wear T-shirts from other football teams. Please, bring only a plain T-shirts, without any Club logo.*

White Sports Socks : Be aware that they need to bring white socks

If your son or daughter is coming for one week, please make sure they have five pairs of white sports socks. If your son is coming for two weeks, please make sure they have ten pairs.

Depending on your child's kit size, he or she will either have full socks or professional sock legs (with no feet), which will need to be combined with sports socks for training. They will need one pair for each training day they are here.

Laundry and Deposit

There are three days per week to do the washing. The cost per washing is £6 and the cost for a laundry net - £10, to buy on arrival.

Losing the keys will imply a charge of £181 that will be automatically deducted from your deposit.

All residential students need to pay a deposit of £175 on arrival at registration.

This deposit is returnable at the end of the programme as long as there is no damage done to the property or any additional cost done during the programme.