



Player Packing List

In Your Hockey Equipment Bag:

- Neck guard *** Essential Item: required for hockey in Finland! Players will not practice or play without a neck guard ***
- Mouthpiece - required for play (bring two, for backup. Inexpensive mouthguards available at C&M Sporting Goods in Manoa Shopping Center)
- Finland Exchange jersey (provided)
- Maroon Hawks socks
- Red, white, and blue socks (new)
- Hawks shell
- All hockey equipment
- Hard Skate covers (to prevent damage to skate blades in transit) Note: the Hawks will be collecting and packing all player sticks in advance of the trip; there is no need to purchase stick bags.
- Hockey tape
- Water bottle
- Scissors for hockey tape must be packed in checked hockey bag
- Toiletries for the rink (deodorant, soap, shampoo) NO TOWEL NEEDED
- Bathing suit & flip flops for showers and sauna

General Items:

- Finland Exchange Apparel (provided)
 - Hoodie and sweatpants - wear travel to Finland
 - Hat
 - Collapsible duffle bag for clothes (This bag will go inside your hockey equipment bag for the flight to Helsinki, then will be removed to bring clothes to host family home.)
- String bag for laundry
- Bathing suit for sauna and fun
- Gloves, scarf, winter jacket
- Self-Sealing Compression Bags (to separate clothes from smelly hockey equipment)
- Tee shirts
- Sweatshirts
- Shorts
- Sweatpants
- Underwear
- Socks
- Sneakers/shoes
- Boots (if you have them)
- Second bathsuit for saunas
- Attire for Farewell Event (nice, casual attire)
- Small ditty bag (toothbrush, deodorant, etc.) for host family house
- Medicine/s with written instructions for host family
- International power adaptors
- Phone and charger