

# Track and Field

## Checked Bag Packing List

You are allowed 2 checked bags—each should be 50 lbs or less. Please put a Down Under Sports luggage tag and wristband on your checked bag's handle. Spares will be available in Australia.

- Spikes
  - cannot be in carry-on luggage
  - need to be clean (no soil)
  - spikes ok to use at your high school are ok to use in Australia
- Clothing
  - warm days & cool evenings
  - light jacket/hoodie
- Toiletries

## Carry-On Bag Packing List

Please put a Down Under Sports luggage tag and wristband on your carry-on bag's handle. Spares will be available in Australia.

- Uniform
  - in case checked bags are lost or delayed
- Competition Shoes
  - shoes need to be clean (no soil)
- Prescription Medication (in original packaging)
- Cell Phone & Charger
- Electronics
- Snacks

## Reminders

- Save Down Under Sports in your phone: 435-753-4732
  - normal office hours: M-F 9:00am – 5:00pm
  - on call during off hours for emergencies
- Call us directly if there is a problem
  - we can solve airport problems better if we are speaking to the person at the airport
- Be aware of the time change
  - depending on your time zone, Australia is between 14-20 hours ahead—please keep this in mind when communicating
- Wear these items on travel day:
  - blue travel shirt
  - wristband (same as one's going on luggage)
  - lanyard
- Special seating requests are handled at the airport—please ask an agent when checking in or at the gate
- **BRING YOUR PASSPORT**
- **Arrive at airport at least 3 hours before departure**
- Australia has different power outlets. You will need an adapter and possibly a converter. Both can be purchased in the US or Australia.
  - American hair dryers used in Australia can often have power problems. A lot of hotels have them in the room, or we recommend buying a cheap one down there. There are several places close by to purchase one.