



TEAM BUILDING WEEKEND PACKING LIST

Location: Youth hostel Château- d'Oex
 Route des Monnaies 67
 1660 Château-d'Oex
 Switzerland

Avenir Suisse, Junior Squad and Training Partners

Date: Friday 23rd – Saturday 24 September 2022

Time: Arrival from 18h30, departure 16h00 Saturday 24 September 2022

Senior Squad and Training Partners

Date: Saturday 24 - Sunday 25 September 2022

Time: Saturday 11h00 – Sunday 16h00

<https://www.youthhostel.ch/de/hostels/chateau-doex/>

Casual Attire for weekend - please look at google maps for location. It is in a mountain region, **evenings and early mornings are cold**. Train Station, centre of town @8 mins walk down hill to our hostel

Comfortable tracksuit/legging or similar for inside and jumper, T-shirt/s		
Change of clothes for number of days staying, socks, underwear, another t-shirt	Less is more	
Inside shoes/slides		
Normal Squad kit for Sat/Sun netball work in gym including netball trainers	Senior Squad – athletes without training top, please where non-club white t-shirt	
Outdoor shoes – walk to and from gym.	Hiking shoes not required as part of netball weekend – although can be optional outdoor shoes	
Outdoor jacket, umbrella, warm head gear to wear to and from gym - 10 min - may rain	Temperatures have dropped	
Sleep wear (shared dorm room)		
Shower towel and toiletries		
Food/drink contribution per individual choice as per list	There is a big Coop within walking distance, can pre order & deliver or pick up when you arrive	
Tea-towel (dry own dishes)		
Water bottle, netball		
Bag to for dirty or wet shoes (return home)		
Personal items, phone charger, pen and/or pencils for note taking, reading		

material etc. for personal time, music, speakers.		
Money (CHF 30.-) for dinner Saturday evening dinner – those staying on Saturday night		
Positivity & smiles		
Optional: Bring your own sleeping bag and bedding	Pillow, pillow case, bed sheet and blanket are all at hostel	
Saturday night dinner – comfortable clothing – tracksuit is fine.		
Personal money, Coop nearby (open Sunday)		