# **Important Info Overview SSC3**

adidas Sports Summer Camp 3 (12–16 years) August 18–27, 2025

## **₩***WELCOME*!

We're looking forward to an unforgettable week of waves, beach life, and great vibes with your teens! Below is everything you need to know to get ready for the trip.

### ACKING LIST – WHAT TO BRING

Please ensure your child has the following packed:

## T Clothing & Daily Wear

- Comfortable beachwear and clothes for free time
- Swimwear (2 sets recommended)
- Light jacket or hoodie for cooler evenings
- Slip-ons and closed shoes
- Sunglasses

### ₩ Hygiene & Personal Care

- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Sunscreen (high SPF)
- Towel (1 bath towel 70 x 140 cm is provided bring extras if needed)

### • Essentials & Equipment

- Refillable water bottle
- Small backpack for day trip
- EU health insurance card (if applicable)
- Personal medications (if needed), clearly labeled with instructions
- Valid ID/passport
- Flashlight (for the night in the tents)

# Overnight Stay & Meals

- Bedding: bedsheet, pillow, and blanket or sleeping bag
- Cutlery and camping dishes

### No need to bring surf gear – wetsuits and boards are provided on-site!

# WEEKLY OVERVIEW

Each day includes surf lessons tailored to experience levels, plus beach sports, team games, and relaxed evening activities. All meals and snacks are provided.

### TRAVEL INFO

We will start and end our trip at the old main entrance.

- **Departure:** Monday, August 18, at 6:00 PM
- Return: Wednesday, August 27, at 7:00 AM

We will keep you posted on exact return timing and share live updates via the WhatsApp group.

# STAY CONNECTED

Join our WhatsApp group for updates, reminders, and quick check-ins throughout the week:



# **C**AMP CONTACT

If you have any questions, are running late, or need to get in touch during the week, feel free to reach out:

C Phone: 0911 / 540554765 (Tina) – before and after the camp

**C** Phone: +49 151 / 65102118 (Alina) – during the camp

☑ Email: <u>sportcamp@post-sv.de</u>

# FAQ adidas Sports Summer Camp 3 (12–16 years)

FAQ – Frequently Asked Questions August 18–27, 2025

# 🔏 GENERAL INFO

## Where is the camp taking place?

The camp takes place in Saint Girons, on the southwest coast of France, with certified surf schools and safe beach access.

## Who will supervise the group?

Our experienced adidas camp team – in addition to certified surf instructors, chaperones, and coaches – will accompany the group 24/7. We maintain a high staff-to-participant ratio to ensure both safety and a personal experience.

# What is the accommodation like?

The group will stay in a surf-friendly tent village close to the beach, offering shared rooms, full catering, and common areas for group activities and downtime.

# *A* PACKING & PREP

### Do participants need to bring their own surf gear?

No – surfboards, wetsuits, and any needed safety gear will be provided on-site.

### What kind of clothing should they bring?

Light and comfortable clothing for warm weather, sportswear, swimwear, and a jacket for cooler evenings. A full packing list is included in the fact sheet.

### How much pocket money should they bring?

Optional: around 50-80€ for souvenirs, snacks, or small extras during excursions. We recommend storing it securely (e.g., small wallet or pouch).

### Do they need a passport?

A valid ID or passport is required for travel. Please ensure it is valid through the camp dates.

TRAVEL & COMMUNICATION

### Where are departure and arrival?

We will start and end our trip at the old main entrance (adidas spikes side entrance)

### When is departure?

On Monday, **August 18, at 6:00 PM.** Please be on site **15-30 minutes before** for check-in and loading.

### When will they be back?

Wednesday, **August 27, around 7:00 AM.** We will share updates and any changes via the WhatsApp group.

### Will there be regular updates during the week?

Yes! We'll keep you posted through our dedicated WhatsApp group with photos, key updates, and return travel info.

# *₿* HEALTH & SAFETY

### What if my child takes medication?

Please include clearly labeled medication with instructions. Let us know in advance via email or phone so our staff can ensure correct handling.

### What happens in case of illness or injury?

The instruction team trained in first aid and works closely with local medical professionals if needed. You will be informed immediately in case of any incident.

### Is the camp insured?

Yes, basic travel and liability insurance is included. Please also ensure your child carries their **EU** health insurance card (if applicable).

### **C**ONTACT

How can I reach the team during the camp?

You can call or message Alina directly at:

**L** +49 151 / 65102118