



TEAM BC 2026

**SPECIAL OLYMPICS
BRITISH COLUMBIA**



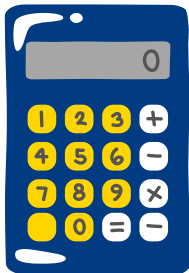
Team BC Packing Guide 2026

It's time to start packing for the *Special Olympics Canada Summer Games!*

Use this packing guide to help you stay organized and prepare for the big trip!

All Team BC members are required to use their own checked luggage bag

Checked Luggage Dimensions: Your bag can be any shape so long as its total dimensions are under 62 inches (157cm).



To find the total dimension of your bag,
add the following:



length + width + height

Checked Luggage Weight: Your checked bag can weigh a maximum of 45lbs

Carry-on Bag: Your carry-on bag should be your **Team BC 2026 backpack**

- Liquids in your carry-on need to be 100mL or less per item
- Please put your blister packaged medications in your carry-on.
Upon arrival at the airport medications will be given to Travel Coaches

Medication

- ✓ Must be blister packaged (medications that cannot be blister packed need to be placed in a zip lock bag labelled with your first and last name)
- ✓ Must be inside your carry-on (not inside your checked luggage)
- ✓ Bring enough medication for 2 weeks
- ✗ No over-the-counter medication

Important:

Travel Coaches will be checking bags at the airport, any medication not blister packed will be confiscated. Exceptions to this are prescription items that would not fit into a blister pack. Some examples are birth control, insulin, ointments, or lotions. These containers need to have the pharmacy label on them. If you are unsure, ask your coach or your Mission Staff!

You will be giving your blister-packed medication to your Travel Coach upon arrival at the airport.

Money

You never know if you'll want to buy a souvenir!

- ✓ Bring a minimum of \$25 and a maximum of \$200
- ✓ Bills are preferred
- ✗ No loose coins. If you must bring coins, they need to be secured in a wallet.

Packing Tips

- 1 Bring enough for 7 days
- 2 Write your name on all your items, including your water bottle (using pen or permanent marker)
- 3 Include extra essentials such as socks and underwear
- 4 Bring some dry snacks in your carry-on to eat on the plane
- 5 Pack your ID and Medication in your carry-on

Use the following checklists to keep track of what you are packing!



General Items

- | | |
|---|---|
| ☐ Bug Spray | ☐ SPF chapstick |
| ☐ Camera (optional) | ☐ Sunglasses |
| ☐ Small bottle of hand sanitizer | ☐ Extra hat (not Team BC uniform hat) |
| ☐ 1 (empty) water bottle | ☐ Book (optional) |
| ☐ Sunscreen | ☐ Any necessary electronic devices such as phone, tablet, headphones etc. (for use on the plane) |

Essential Clothing Items

- ☐ 7 pairs of socks (at least)
- ☐ 7 pairs of underwear (at least)
- ☐ Minimum 2 bras (1 for competition, 1 for casual)



- ☐ 3 pairs of shorts
- ☐ 3 pairs of casual pants
- ☐ Shower flip-flops/shoes
- ☐ Outdoor Shoes (separate from sport specific shoes)
- ☐ Slippers/Indoor Shoes
- ☐ Pajamas/sleep clothes
- ☐ 3 casual tops

Personal Items

- ☐ Hair Brush
- ☐ Shampoo (and Conditioner if you use)
- ☐ Deodorant
- ☐ Sanitary Products



- ☐ Tooth Paste
- ☐ Tooth brush
- ☐ Moisturizer/Skin care products (optional)
- ☐ Chapstick
- ☐ Extra glasses or contacts (with solution) if required
- ☐ Shaving Supplies (Optional)

Important:

- ☐ Medication
- ☐ C-PAP machine (if you use)

