FIJI CUP 2026 – *Packing List*

BULA !

Players supplied kit includes: Two shirts, two shorts, two socks, Back Pack, Cap, Sports Drink Bottle.
The Blue shirt is to be worn to the airport so players can recognise each other.
Makes it easier for me to recognise you when you arrive in Fiji.

The following is a suggested players packing list for Fiji Soccer Cup

- Fiji Cup Backpack
- Passport
- Medications (labelled with care plan in a zip lock bag)
- Boots (clean)
- Playing top, shorts, socks (labelled), skins if you use them.
- Shin Guards
- Hand Sanitizer
- Washbag (around $2) for washing - labelled. Important if you aren't in suite with a washing machine or using your friends washing machine.
- A collapsible esky/ cool bag
- Large sandwich bags – for making icepacks, (cheap versions leak)
- Appropriate swimwear
- Towel for sailing day (and then donate to a Fijian village)
- Hat (Cap will be included in your kit)
- Sunglasses
- Sunscreen (SPF30+)
- Insect Repellent – RID is a good choice.
- Imodium tablets.
- Hay fever tablets (if needed.)
- Reef/aqua shoes – (cheap from Big W, great for the harsh coral sand out on the island)
- Small towel or similar for after/during games. (as a cool aid)
- casual outfits (e.g. top/shorts)
- Foam Roller for recovery
- Any strapping/ under wrap etc for recurring injuries (if you normally strap – bring it with you)
- If an inhaler needed, please pack a spare.
- Muesli bars (these are hard to find in Fiji and make great snacks) and other healthy snacks. Nut free if possible.
- Hydrolyte – you can purchase these as ice blocks and freeze when you get there.
- Travel sickness tablets.
- Band Aids & Vaseline for blisters
- Toiletries.
- An old soccer ball to play with the Fijians and then donate
- Money (spending). Cash is only needed to buy gifts / trinkets for home or maybe at the market for say Banana's. There is an ATM machine at Radisson Blu. Any cash left over can be used to pay your room account prior to departure.

As always, I am happy to take a phone call or answer an email if you have any further questions.

Vinaka (Thank you)
Bruce and the Ultimate Team.