

# ARRIVING TO COMPETE

## Oceania Masters Athletics

Raylene Bates – January 2018



# BEING PREPARED



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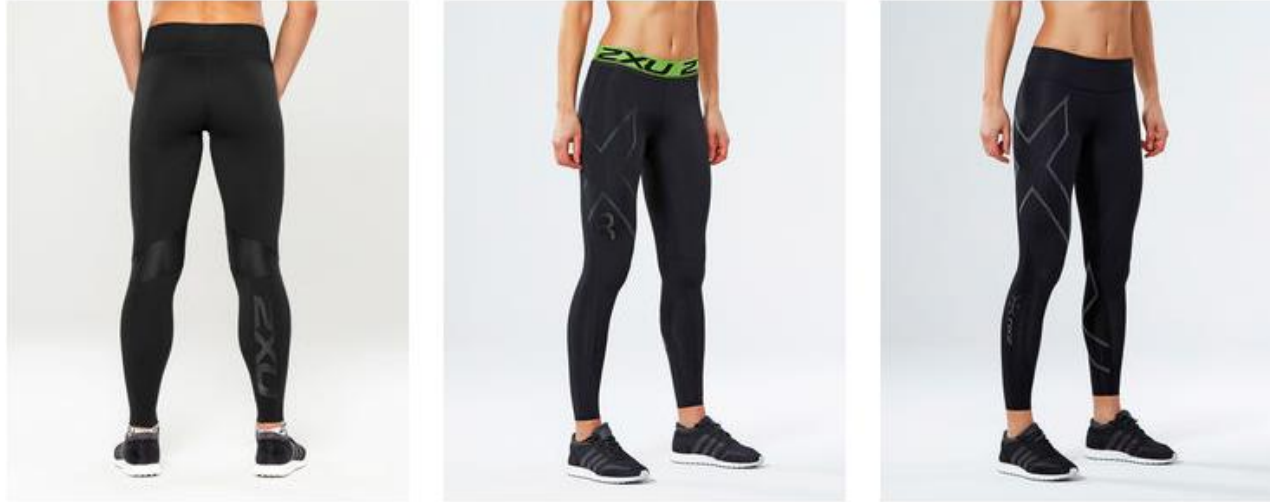
**HUMIDIFLYER** - <https://humidifyer.com>

# BEING PREPARED



1ABOVE Travel tablets - <https://be1above.com>

# BEING PREPARED



COMPRESSION - 2XU OR SKINS

<https://www.skins.net/nz>

<http://www.2xu.com>



# BEING PREPARED

## SUMMARY

### Travel Tips and Things to Take

- Make sure you take your competition uniform, throwing or sprinting shoes (with spikes taken out) and your main prosthetic used in your event in your carry on luggage
- Wear Compression gear on plane (Socks and/or Skins)
- Take a change of clothes (on the long haul flight this includes underwear etc.)
- Take a tooth brush and items to freshen up (makes you feel better)
- Hydration mask and 1 above tablets
- Ear plugs and mask (make it easier to sleep for some)

# BEING PREPARED

*Be prepared when you leave NZ rather than stressing when you get to pre camp and can't find what you need.*

## Gear list

ANZ Competition Uniform (Good idea to name these as we all have the same gear)

- Competition Singlet & tights
- New Balance training gear (Singlets, Te Shirts, Long Sleeve Tops, Tights, Track Pants etc)
- Hat
- Compression top, tights & socks
- Drink bottle
- Training shoes
- Casual shoes
- Underwear/bras/socks/Crop tops
- Toiletry items
- Spikes, throwing shoes, prosthetics (make sure these are clean)
- Any attachments/liners for prosthetics
- Any items that you use with your prosthetic or for your event (e.g. tape, glue, powder – remember the heat will affect prosthetics particularly if you have a silicon liner)
- Spare spikes to put into sports shoes and spike key
- Any tools that may need to be used to fix prosthetics or frames (eg Allen keys)
- Towel
- Clothes line
- 1above tablets & hydration Masks
- Hydration tablets
- UK Travel plug/adaptor
- Training programs e.g. gym session plan
- Contacts, contact cleaner or glasses if applicable.





# BEING PREPARED

## SUMMARY

- Sunglasses
- Chalk if you require it
- Swimming togs
- Pre-approved medications & supplements or essential products (protein bars)
- Hand sanitizer
- Computer, Phone, Chargers (if you want to take these)
- Casual Gear (You shouldn't need much however as we will have full laundry facilities)
- Visa Card
- Air plugs
- Travel mask
- Passport
- Pen and paper/diary
- Roller, spikey ball, bands
- Equipment needed for your events other than those listed above (javelins, throwing frames, throwing balls etc.).

**REMEMBER YOUR PASSPORT!!**



# FIND OUT ABOUT YOUR DESTINATIONS



**Check for any health precautions you may need to take**

**Get comprehensive travel insurance**





# Register your travel plans online with MFAT

## www.safetravel.govt.nz


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- Extreme risk destinations
- High risk destinations

**LATEST ADVISORIES**

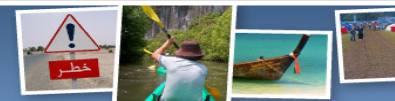
- Niger 6 September
- Thailand 3 September
- India 3 September
- Yemen 25 August
- Morocco 23 August

**FEATURED ARTICLE**

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### News Features

#### International Events

- [2010 Commonwealth Games, New Delhi, India](#)

**India: Outbreak of Dengue Fever** Posted: 6 September 2010, 13:15 NZDT  
 New Delhi is currently experiencing a seasonal outbreak of dengue fever. According to Indian Government statistics, the current outbreak is more significant than in previous years. [More](#)

**Typhoid Fever in Fiji** Reviewed: 16 July 2010, 14:45 NZDT  
 The Fiji Ministry of Health has announced a public health emergency in Navosa, an area near the Coral Coast, due to an outbreak of typhoid fever. [More](#)

**Papua New Guinea: Cholera Outbreak** Reviewed: 16 July 2010, 14:45 NZDT  
 A cholera outbreak has recently spread through parts of Papua New Guinea (Morobe Province and Eastern Highlands). The disease has more recently been confirmed as present in Port Moresby. [More](#)

**New Zealand Consulate-General Melbourne: Change of management** Posted: 30 June 2010, 15:35 NZDT  
 The management of the Consulate-General in Melbourne transferred from Ministry of Foreign Affairs and Trade to New Zealand Trade and Enterprise on 1 July 2010. [More](#)

**Korean Peninsula: Advice for New Zealand travellers and residents** Posted: 31 May 2010, 11:00 NZDT  
 The Ministry of Foreign Affairs and Trade is closely monitoring the situation on the Korean Peninsula given the recent escalation in tensions in light of the sinking of a South Korean naval vessel, the Cheonan. [More](#)

**Travel Advisories: New Subscription Service** Posted: 6 November 2009, 11:33 NZDT  
 Our email service for receiving Travel Advisories has been updated. The updated service allows subscribers to customise their subscription account to meet individual travel needs. [More](#)

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**Advise family and/or friends of your travel plans**

Contact home if you are near a major disaster or incident while travelling overseas

# Safeguard your passport at all times



# Take a mixture of money with you



Know where your nearest Embassy is located – may be in a different city

If family and friends travelling – have a safe point of meeting if not staying with you – have a plan just in case

# Obey local laws and culture



# EXPECTATIONS OF A TEAM







# FIVE MOST IMPORTANT THINGS FOR YOU AS AN ATHLETE

- Competition Gear (extra luggage)
- Flight – Hydration, Compression Gear
- Nutrition – pre, during, post flight
- Sleep patterns
- Be Prepared!!



# ENJOY AND CELEBRATE WHEN FINISHED

