

Information and packing list to Rallarcupen 3-5 november



Important things to remember before the cup

- 🇸🇪 A smaller backpack to carry things in to and from the hall!

1. Match equipment

- 🇸🇪 Tracksuit Green/black
- 🇸🇪 Black shorts
- 🇸🇪 Several pairs of socks
- 🇸🇪 Handball shoes
- 🇸🇪 Water bottle!

2. Övernattningsutrustning

- 🇸🇪 Max 80-90 cm mattress, possibly air pump
- 🇸🇪 Pillow
- 🇸🇪 Sleeping bag/bed linen

3. Fritidskläder

- 🇸🇪 Hat and gloves
- 🇸🇪 Thicker jacket, coveralls for cooler seasons
- 🇸🇪 Shoes for winter climates
- 🇸🇪 Other clothes to your liking and taste

4. Kläder till kvällen

- 🇸🇪 sleepwear/pajamas
- 🇸🇪 Underwear for 3 days
- 🇸🇪 Socks
- 🇸🇪 Slippers

5. Personlig Hygien

- 🇸🇪 Towel
- 🇸🇪 Shampoo, soap
- 🇸🇪 Toothbrush, toothpaste
- 🇸🇪 Deodorant
- 🇸🇪 Other hygiene items if needed

6. Övrigt

- 🇸🇪 Mobile phone + charger
- 🇸🇪 Powerbank
- 🇸🇪 Headphones



Travel times

From Boden railway station

Friday, Nov. 3

Collection 06.10 Departure 06:35

From Kiruna railway station

Sunday, Nov. 5

Departure 18.29 Arrival 22.00

Food, accommodation and transport

Bring a proper breakfast for the train journey up and a lunch the boys can eat when we get to school and money for dinner on the journey home.

On site in Kiruna, in addition to accommodation in the school hall, food in the form of breakfast, lunch and dinner is included in the boys' guest card. As leaders we will also purchase evening meal for money in the team treasury, the boys only need money for their own purchases.

The organizer is responsible for transport to and from the railway station, but pack easy as the boys need to be able to carry their belongings themselves, including overnight equipment.

BBK HF P10 11

Contact details for the leaders

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Match times BBK P13

Friday

19:20

Sunday

Playoffs

Saturday

10:40

15:20

18:40

[//rallarcupen.se](http://rallarcupen.se)



Bodens BK HF
HANDBOLL

P11/12 - pojkar födda 10/11 ▼

