



WHAT TO BRING CHECKLIST

REQUIRED

- Water Bottle
- Sunscreen
- Meals will be provided, but additional snacks may be brought or purchased.
- A small amount of extra spending money is suggested.
- Mouthpiece
- Football cleats (preferably previously worn to avoid blisters)
- Running shoes or sneakers (in case of rain and we have to practice indoors)
- Workout Attire, sleepwear, swim wear.
- Practice T-Shirts (7-9)
- Practice Shorts (7-9)
- Sleeping bag or bed linens; Blanket and pillow
- Bath Towel, soap and personal necessities
- Avoid bringing valuables as the organization is not responsible for lost or stolen articles.

OPTIONAL

- Notebook & pencils/pens
- Alarm clock
- Fan
- Plastic hydration bottle
- Sunscreen
- Coolers for snacks & drinks
- Flip-flops for shower and lake swimming
- Swim/Beach Towel & Swimshorts
- Bag/backpack/string-bag (to carry gear to/from practice)