

PRIOR TO CAMP CHECK-LIST

ALL CAMPERS:

- [] Mail/Faxed in Medical/Insurance/Parent Permission Form

WHAT TO BRING TO CAMP

(We suggest you don't bring anything valuable & that you mark your belongings.)

- [] Bed Linen / Sleeping Bag, Pillow, PJs (Beds are Long)
- [] Towels and Toiletries, Shower Shoes
- [] Lots of T-Shirts, Shorts, Socks & Underclothes (Campers participate in 3 sessions/day)
- [] Knee-Pads and Volleyball Shoes
- [] Anything you would normally need for practice:
Contacts/Glasses, Knee Brace, Ankle Brace etc.
- [] Extra Pair of Running Shoes to walk to and from the Gym
- [] Rain Gear
- [] Pool Supplies: Bathing Suit, Beach Towel
- [] Sweats
- [] Alarm Clock, Radio, Flashlight
- [] Fan (Only if the dorm we are staying in is not air-conditioned)
- [] Sports Bag/Backpack (To carry Equipment)
- [] Prescriptions (Inhalers, Allergy Medication, etc.)
- [] Spending money, snacks, and anything else you can think of.
- [] Change & Laundry Supplies for Machines
- [] Athletic tape (Only if you have an existing injury or taping needs)