

SUGGESTED PACKING LIST

❖ Clothes (A clean shirt is suggested for each wrestling clinic)

- 3+ Shorts or Spandex leggings
- 6+ tee shirts\compression shirts (No Tank Tops)
- 6+ pairs of Socks
- 4-6 pair of spandex underwear\sports bras
- Wrestling shoes & Running Shoes
- Light jacket (Night time activities may get cool)
- Swim suit (There is a pond and canoes at the retreat)
- PJ's (for girls 12+ older) spending the night ---NO IMMODEST PJ'S PLEASE!
- Sports tape & wrap
- Singlet or shorts\compression shirt, headgear, etc

❖ Personal Hygiene Items

- Shampoo\Conditioner
- Towel
- Tooth brush\tooth paste
- Hair brush
- Feminine hygiene products
- Deodorant
- Lots of Hair Bands
- Plastic Bag for dirty clothes
- Advil, etc

❖ You will need a sleeping bag and pillow\blanket

❖ We do **NOT** have cell service at the retreat!

***Highly recommend bringing a journal\pen to write down your experiences, etc.**