

Items Campers Can/Should Bring

Bathing

- ☐ Towel
- ☐ Swim trunks (if desired)
- ☐ Soap
- ☐ Shampoo

Personal Hygiene

- ☐ Deodorant
- ☐ Toothbrush
- ☐ Toothpaste

Sleeping

- ☐ Blankets/sleeping bag
- ☐ Pillow

Clothing

- ☐ 9 pairs of practice clothes (t-shirt, shorts, socks, underwear)
- ☐ Lounging clothes
- ☐ Trash bag for dirty clothing

Footwear

- ☐ Wrestling shoes
- ☐ Running shoes
- ☐ Sandals (optional for showers)

Practice Items - (optional)

- ☐ Headgear
- ☐ Knee pads
- ☐ Mouth guard
- ☐ Water bottle with name on it

Miscellaneous

- ☐ Sunscreen
- ☐ Medications (only exact amount necessary with clear directions for administration)