



**2025 Saguaro Football Tontozona Summer Camp  
June 24th-27th  
Camp Tontozona  
Payson, AZ**

**Players Should Bring:**

- Football Cleats and Workout Shoes
- Easily removable shoes (no cleats indoors)
- Practice jersey
- Saguaro Football Gear (T-shirts, Shorts, Etc.)
  - 4-5 black shirts and 4-5 white shirts
  - 4 pairs of black shorts
- 20 pairs of socks
- Underwear
- Pack a few shareable snacks for the dorm room
- Other clothing (jacket, hoodie, etc.)
- Bed Linens (twin size) or Sleeping Bag (or light blanket)
- Pillow (w/case)
- Toiletries (Soap, Shampoo, Toothpaste, toothbrush, contact solution, etc.)
- 4 Towels (Bathroom Linens)
- Baby Powder or Goldbond highly recommended (for chafing)
- Sunscreen
- Small Personal Fan
- Spending Money (for extra food during bus stops and late night ordering food) \$100 is recommended
- Casual Clothes and Shoes
- Chargers for Phone and other electronic devices
- Garbage Bag for dirty clothes

**\*list continued on next page**

## **Recommended snack list for camp:**

*Reminder: There is no access to keep things cold or to cook. Any snack food that does not need to be kept cold or heated up such as:*

- Crackers
- Protein bars
- Granola bars
- Pre-made protein shakes that do not need to be refrigerated
- Freeze-dried fruits and vegetables
- Pretzels
- Squeezable fruit packets
- Jerky
- Cookies
- Chips