

# WHAT TO PACK

\_\_\_\_\_ Bed Linens— the easiest thing to do is to bring a sleeping bag to use on top of the mattress but if you use sheets, make sure they are for a long single bed (dorm bed). Also, bring pillow/pillowcase.

\_\_\_\_\_ Bath Towels and Washcloth

\_\_\_\_\_ Shampoo/ Body Soap

\_\_\_\_\_ Toiletries— deodorant, toothpaste, toothbrush, etc...

\_\_\_\_\_ Soccer Gear— cleats, shinguards, ball (and pump), training clothes (light shirts and dark shirts— uniforms will be provided), extra socks, and a water jug

\_\_\_\_\_ Sunscreen

\_\_\_\_\_ Alarm Clock (or watch with an alarm)

\_\_\_\_\_ Casual Clothes— there will be some “down-time” for the players to relax so it’s a good idea to pack a few “non-soccer” clothes. Please make sure not to bring any expensive clothing or shoes!!!!

\_\_\_\_\_ Swimsuit

\_\_\_\_\_ Snacks (nothing that needs to be refrigerated)

\_\_\_\_\_ Small zip-lock bag with clothes detergent , dryer sheets and 4 quarters (laundry duty will be assigned by the Coach or Administrator)

\_\_\_\_\_ Calling card (there will be payphones in dorm lobby)

\_\_\_\_\_ Lanyard for room key (there is a \$75.00 fine for any key lost during camp)

\* Extra spending money is advised but not necessary as all meals are provided for the players. Please do **NOT** bring any expensive electronics. If you do, please understand that neither LSA, Region III, nor the University is responsible if anything is stolen while you are attending this camp.