



ODP Regional Camp - What to Pack?

The Regional Camp lasts for 4-5 days and players will need to bring plenty of training gear (Shirts, Shorts and Socks) to cover this as well as suitable attire when relaxing. We would like to coordinate better than what we have done in previous years and have players wear similar colored shorts and socks when possible and recommend pairs of black, navy, red, royal and white shorts and socks.

The following items are a necessity:

- A water container is essential. (There will be water containers available for the players to refill from at the fields).
- Sunscreen. (This is the South!!)
- Swimsuit. (In case of going to Pool)
- Cleats and Indoor soccer shoes. (In case we have to move indoors).
- A GOOD soccer ball (and pump) – VERY IMPORTANT!!!
- Shinguards and any other necessary protective equipment.
- Light Rain Jacket. (If we get light rain we will still try and practice outside if at all possible).
- Khaki shorts with an LSA ODP Polo Shirt which is provided. (We want to look presentable in the evenings).
- Snacks and Sports Drinks can be left with the players if they so require. (We recommend no SODAS please!!)
- Bed Linens. The easiest thing to do is to bring a sleeping bag 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.
- Any toiletries: Bath Towels, Washcloth and Shampoo/Body Soap etc...
- Small zip-lock bag with clothes detergent, dryer sheets and several quarters (laundry duty will be assigned by the Coach or Administrator).
- Alarm Clock (or watch with an alarm).
- Lanyard for room key (there is a \$75.00 fine for any key lost during camp).

Please bring your Try-out T-Shirt and Pool Uniforms to the Regional Camp and we will also provide 2 Training T-Shirts as well. Please remember that cleats are not to be worn on the bus or in the dorms so suitable footwear will be needed during these times and for travel to and from the fields.

* 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 *

Member: US Soccer Federation - US Youth Soccer - US Adult Soccer Association.