



Residential Camp Packing List

Soccer Equipment & Clothing (items in red are required)

- ___ Cleats and/or Turf Shoes
- ___ Running Sneakers
- ___ Sandals/flip flops (players required to remove cleats and socks immediately after sessions)
- ___ Bag with room for size 4/5 ball (players will receive a ball)
- ___ Shinguards (your own athletic tape if needed)
- ___ Warm up suit (top and bottom)
- ___ Rain jacket (recommended in the event of a wet week)
- ___ T-shirts (enough for 13 sessions plus in between sessions)
- ___ Your favorite soccer jersey for “Jersey Day”
- ___ Soccer Shorts; *Girls required to wear appropriate soccer shorts* (recommend 1 pair/day)
- ___ Water bottle
- ___ Bug spray and sun screen
- ___ Underwear (enough for a new pair every session)
- ___ Soccer Socks (players required to wear soccer socks for every session...no ankle socks)
- ___ Ankle Socks (for the dorm rooms and cafeteria)
- ___ Bathing suit and extra towel (for pool sessions)

Toiletries

- ___ Sandals for the shower (there will be no showering barefoot)
- ___ Towels (2 recommended)
- ___ Bathroom items (soap, shampoo, toothbrush, toothpaste, deodorant, etc.)
- ___ Baby powder (players encouraged to use before every session, and when necessary)



Bedroom

- ___ Sheets (standard twin)
- ___ Blankets
- ___ Pillow
- ___ Alarm clock (all meals and meetings are mandatory)
- ___ A fan (air conditioners are NOT allowed)

Miscellaneous

- ___ Notebook and pen for evening workshops & player journal entries
- ___ Calling card or cell phone so you can call home
- ___ Spending money for snacks (we recommend no more than \$30)
- ___ Gatorade (recommended that each player drinks 16oz 1 hour before each session)
- ___ Healthy, protein rich snacks (eat after night session for maximum muscle recovery)
- ___ Cooler for ice (ice will be available)

Goalkeepers

- ___ Extra goalkeeper jerseys (4 or more). (long-sleeved t-shirts encouraged in place of GK jersey)
- ___ At least one pair of GK gloves (1 pair of match and 1 pair of old training gloves recommended)
- ___ Long goalkeeper pants for breakaway sessions (optional)
- ___ Compressions shorts work well but we suggest long pants for breakaway training