



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 (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)

Toiletries

- Sandals for the shower (there will be no showering barefoot)
- Towels (2 recommended)
- Bathroom items (soap, shampoo, toothbrush, toothpaste, deodorant)
- 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)

Miscellaneous

- Notebook and pen for evening workshops & player journal entries**
- 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)

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