

# What to Bring

Here is a checklist of essential items for on and off the field:

- Shoes:**
  - 1. Cleats
  - 2. Running shoes
  - 3. Indoor soccer shoes (if you own them, if not running shoes will suffice)
  - 4. Sandals
- Multiple Jerseys:** During the heat and humidity of the summer, it is nice to have a dry jersey available for each session. There are many long sleeve jerseys that are made of DriFIT material that are thinner, lighter, and cooler than traditional goalkeeper jerseys.
- Gloves:** (2 pairs if possible)
- Goalkeeper Pants & Sliders:** (or sweatpants) We cannot stress how important these are. They will prevent you from abrasions and general discomfort. They are especially important for breakaway training.
- Sweat, warm-up suit and/or rain gear:** It gets cold in the dorm.
- Soccer socks and shin guards**
- Clothes:** Pack plenty of t-shirts, shorts, socks, and all the basic essentials.
- Linens, blankets, pillow and towels**
- Bathroom items:** Soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- Swimsuit (& goggles if you have them):** We will be utilizing the pool for training and recovery.
- Laundry detergent:** You will need to wash your dirty gear.
- Alarm clock:** 7:45 am wake-up comes early!
- Mobile phone:** Mom & Dad might want to hear how you are doing.
- Sunscreen:** You don't want to burn.
- Bug Spray & Anti-Itch Cream**
- Spending money:** For the camp store, snacks, or visits to the grocery store.
- Athletic tape:** (and any braces, wraps, or protective devices you may need) An athletic trainer will be there to treat and wrap you.
- 3 Ring Binder:** To insert your Student Manual into. Your Manual will be a packet of unbound articles, workouts, lectures, etc. This will allow you to add updates to your manual each year you attend.
- Student Manual:** Repeat students should bring their manuals to camp to add supplements
- Notebook and pen:** You will want to take notes on training exercises throughout the week, lectures, and at your individual meeting.
- Water bottle:** You don't want to get dehydrated!
- Camera**