



List of recommended items for your child to bring to camp

BEDDING/MISC

Pillow

Sleeping Bag (most bring a sleeping bag, but you can bring twin sheets and blankets if you prefer)

2+ Towels

Toothbrush, toothpaste, soap, shampoo, deodorant, comb

Insect repellent

Flashlight

Sunscreen

CLOTHING/SHOES

10 T-shirts

3-4 pair soccer shorts

8 pair soccer socks

Regular socks

Shin pads (required)

Soccer cleats (remember, new cleats often cause blisters)

Sneakers or indoor shoes (we use several indoor areas)

Flip Flops

Warm-up jacket

Bathing suit

1 Warm shirt / Sweatshirt

1 Pair long pants

CAMP CANTEEN

The camp provides 3 meals a day. There is a small canteen, which sells soft drinks, Gatorade and juice during the day and candy in the evening after the games. Most children find \$20 ample - any excess is returned at the awards ceremony. It is not recommended that your child come to camp with extra food.

PICTURES (group photo)

A group picture will be taken of the campers and staff. At registration you will have the opportunity to order one of these photos.

CAMPERS ARE NOT ALLOWED TO HAVE CELL PHONES

We want campers to enjoy being away at camp and not on the phone. There are plenty of counselor cell phones if someone needs to call home (we don't want expensive electronic items to go missing).

PHONE CALL POLICY

We want kids to have fun and be independent. Our policy is no phone calls until after the morning session Wednesday. Nothing makes minor homesickness worse than a quick call home. If there's an important reason for some parent-camper communication, that won't be an issue.