

# WARRIORS ATHLETICS CAMP



- Twin size bed sheets, pillow and pillow case. Nights can be very cool, a warm blanket may be necessary.
- Bath towel
- 3 sets of workout clothes
- Socks
- Athletic sneakers (no converse as these will be for the conditioning workouts)
- Gym towel (small hand towel for workouts)
- Sweater for chilly mornings/evenings
- Two pairs of long pants for chilly evenings by campfire
- Swim suit (no bikinis)
- Beach towel
- Sports equipment necessary for your sport. ie., Knee pads, Soccer ball, Cleats, Shin Guards, Basketball, gloves
- Bug spray
- Sunscreen
- Toiletries (do not forget deodorant)
- Any medication that you are required to carry, such as epi pens or inhalers

