# Things To Bring To Camp 2024

**Campers:**

Bring additional spending money for apparel, activities, and snacks. (kids often order pizza)

Bring additional snacks and drinks. (drink lots of fluids)

**Additional Items Allowed:**

Supplemental, rehab tools such as foam roller, massage stick, or massage balls etc. are also encouraged if that is your normal routine.

**Campus:**

For Camps on College Campus, you will need to bring:

* bed linens (twin bed XL)
* shower towels
* pool towel if swimming
* bath accessories
* pillow

# Training Attire for camps:

* Please check the weekly forecast leading up to camp and pack clothes to accommodate the weather.
* Campers should bring any competition shoes or equipment that they may need including, but not limited to, shoes, spikes, discus, shot put and javelin.
* Also pack lots of shorts, t-shirts, sweats, and rain gear.
* Water bottle
* Flops
* Sunblock if outdoors
* Bug spray if outdoors
* Bathing suites/Swim trunks