

S2F Camps Things To Bring To Camp 2025

Campers:

Bring additional spending money for apparel, activities, and snacks. (kids often order pizza) Bring additional snacks and drinks. (drink lots of fluids)

Throwers and Pole Vaulters: Please bring throwing implements or pole-vaulting poles needed for your events

Shoes: General training flats and shoes required for your events i.e Racing Spikes, Jumping Spikes or Throwing Shoes.

Additional Items Allowed:

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) (If you are not purchasing them at time of registration)
- shower towels (If you are not purchasing them at time of registration)
- pool towel if swimming
- bath accessories
- pillow
- shower shoes

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 and pole vaulting poles.
- Also pack lots of shorts, t-shirts, sweats, and rain gear.
- Water bottle
- Flops
- Sunblock if outdoors
- Bug spray if outdoors
- Bathing suits/swim trunks