



WHAT TO BRING

Soccer Academies will provide each camper with the following:

1. Camp T-shirts
2. The option to purchase a soccer ball

What to bring:

- Extra T-shirts
- Rain gear & Sweatshirt
- Plenty of clean socks
- Soccer cleats (broken in – molded)
- Sneakers or indoor soccer shoes (for turf or indoor training)
- Casual clothes
- SUNSCREEN!
- SHINGUARDS! (Required)
- Laundry Bag
- Towels
- Sheets, pillow, blanket and/or sleeping bag
- Toiletries
- Water bottle
- Alarm Clock
- Any medications brought to camp must be registered with athletic trainer at camp registration
- Please notify us with any specific dietary requirements and bring any appropriate snacks

Optional items:

- \$ for snacks and Soccer souvenirs, gear, extra equipment
- Personal items
- Extra contact lenses
- Fan (strongly recommended)
- Flip flops (for showers or dorms)

*****NOTE:** DO NOT bring a pair of brand new cleats or training shoes to camp! We strongly suggest that you break them in prior to arriving at camp in order to prevent blisters and sore feet.