



CAMP CHECKLIST



MEN'S EQUIPMENT

- | | |
|---|--|
| <input type="checkbox"/> HELMET | <input type="checkbox"/> ARM PADS |
| <input type="checkbox"/> LACROSSE STICK | <input type="checkbox"/> SHOULDER PADS |
| <input type="checkbox"/> GLOVES | <input type="checkbox"/> MOUTHGUARD |

WOMEN'S EQUIPMENT

- GOGGLES
- LACROSSE STICK
- MOUTHGUARD

FOOTWEAR

- CLEATS
- SNEAKERS
- SANDALS/SLIDES

APPAREL

- | | |
|---|---|
| <input type="checkbox"/> PRACTICE SHIRT (2/DAY) | <input type="checkbox"/> HOODIE/FLEECE PULLOVER |
| <input type="checkbox"/> PRACTICE SHORTS (2/DAY) | <input type="checkbox"/> SWEATPANTS |
| <input type="checkbox"/> COMPRESSION SHORTS (1/DAY) | <input type="checkbox"/> SOCKS (2/DAY) |
| <input type="checkbox"/> CASUAL CLOTHES (1/DAY) | <input type="checkbox"/> BATHING SUIT |

ADDITIONAL ITEMS

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> TOILETRIES | <input type="checkbox"/> HEALTHY SNACKS |
| <input type="checkbox"/> BEACH TOWEL | <input type="checkbox"/> WATER/GATORADE |
| <input type="checkbox"/> SUNSCREEN | <input type="checkbox"/> LACROSSE TAPE |
| <input type="checkbox"/> WATER BOTTLE | <input type="checkbox"/> BLANKET |
| <input type="checkbox"/> ALARM CLOCK | <input type="checkbox"/> CASH (RECOMMEND \$40.00) |