



CAMP CHECKLIST



DO NOT PACK A CELL PHONE OR ANY ELECTRONIC DEVICES

MEN'S EQUIPMENT

- HELMET
- LACROSSE STICK
- GLOVES
- ARM PADS
- SHOULDER PADS
- MOUTHGUARD

WOMEN'S EQUIPMENT

- GOGGLES
- LACROSSE STICK
- MOUTHGUARD

FOOTWEAR

- CLEATS
- SNEAKERS
- SANDALS/SLIDES

APPAREL

- ATHLETIC SHIRTS (2/DAY)
- ATHLETIC SHORTS (2/DAY)
- CASUAL CLOTHES (1/DAY)
- LACROSSE GEAR BAG/STICK BAG
- HOODIE/FLEECE PULLOVER
- SWEATPANTS
- SOCKS (2/DAY)
- BATHING SUIT

ADDITIONAL ITEMS

- TOILETRIES
- BEACH TOWEL
- SUNSCREEN
- WATER BOTTLE
- ALARM CLOCK
- HEALTHY SNACKS
- WATER/GATORADE
- LACROSSE TAPE
- BLANKET
- CASH (RECOMMEND \$40.00)