

# Things to Bring to Camp!

## Overnight Campers

- ☐ Signed Waivers (participation waiver AND medical form!)
- ☐ PLENTY of workout clothes!! (roughly 3 changes of clothes per day)
- ☐ Wrestling and running shoes and socks
- ☐ Bedding for a dorm room: pillow, sheets, blanket, etc
- ☐ Toiletries: toothbrush, toothpaste, soap, shampoo, deodorant, etc.
- ☐ Towels
- ☐ Head gear and knee pads (optional)
- ☐ Cash (optional) - there will be an option to order pizza for pick up after the last session

## Day Campers

- ☐ Signed Waivers (participation waiver AND medical form!)
- ☐ Wear shorts and t-shirt to camp each day
- ☐ Wrestling and running shoes and socks
- ☐ Packed lunch
- ☐ Head gear and knee pads (optional)