



WHAT TO BRING TO REGIONAL CAMP

How much luggage should a player take to camp?

Players should take one soccer bag, one backpack and one personal bag. Younger players should bring a suitcase with wheels that they can push or pull easily.

ITEMS:

Soccer: Soccer ball, water bottle, indoor/outdoor shoes (* no new soccer shoes), shin guards, and extra laces.

Clothes: One casual outfit, personal soccer clothes, and soccer socks, shorts, sleeping apparel, sweatshirt/warm-up jacket, hat, and rain gear. Bring enough underwear and socks for the whole camp session. Administrators will only wash soccer uniforms, shorts/shirts and socks. All clothing must be marked. Bring extra T-shirts for trading. Other state players love anything that says Nebraska on it.

Bedding: One twin fitted sheet, a pillowcase and cotton throw blanket. Put the sheet and the cotton throw in the pillow. This makes it easy to carry and does not take up room in a suitcase. *The boys will not need to bring bedding as they are staying in hotels.

Towels: Two bath towels, two face towels and four washcloths. Some players bring body scrubbers instead of washcloths.

Personal Care Items: Soap, shampoo, toothbrush/toothpaste, deodorant, sunscreen, insect repellent, pain reliever, brush/comb. It is a good idea to bring these items in plastic containers. Large quantities are not needed. Small containers are better used. Medicine that the player might be taking should be given to the team administrator. ** Administrators need written permission/instruction on giving the medication.

Misc.: Mini back pack (used to carry to and from the fields, since large soccer bags are not allowed on the buses transporting to the fields), alarm, lanyard for keys and food cards, plastic trash bags (2) and phone cards.

Money: For food to and from camp (\$40), spending money and about \$5 worth of quarters. Talk with the player about budgeting their money and how to keep it safe.

Snacks: Healthy snacks are suggested. Candy is strongly discouraged. Players might take crackers, cereal bars, fruit roll ups. Snacks are really not needed because the players are well fed. No sunflower seeds.

ADDITIONAL INFORMATION:

Phones/Phone Cards: UNI/DeKalb dorm lobbies have pay phones. The players should bring phone cards to use. Players are encouraged to call home no more often than every other day. If your player has not used a phone card before, please practice using them before camp. Put the player's name on the phone card. It is even more inexpensive to dial 1-800-collect. Cell phones will not be permitted during meetings times or meals.

Trading Night: Bring things to trade (t-shirts, hats, and pins). It is a great time for the players to get to know the players from the 13 other states and trade items.

Misc.: Players are responsible for their room keys and dining room card. If a player loses these items, they will pay the region for it. IT IS EXPENSIVE.