



What should I pack for U S Youth Soccer Region II Girls ODP Camp?

All chaperones, administrators, coaches and players will need to bring their own bedding to camp (sheets and blankets or sleeping bag, pillow and towels). Toiletry items are also necessary.

Here is a sample list of items for players to bring to camp (based on a 4-day camp):

| | |
|---------------------------------------|--|
| LINENS/BEDDING/PILLOW/or SLEEPING BAG | TOWELS/WASH CLOTH |
| TOILETRIES | ALARM CLOCK |
| SUN SCREEN | EXTRA SHOE LACES |
| PLASTIC TRASH BAGS | NEWSPAPERS (TO STUFF IN WET SHOES) |
| PAIR OF TRAINERS & SANDALS | EXTRA SHIN GUARDS |
| RAIN GEAR OR PONCHO | 3 PAIRS OF ADIDAS SHORTS (red or black) |
| SOCCER BALL | 6 PAIRS OF SOCKS |
| TYLENOL/IBUPROFEN | WARMUP OR SWEATSUIT |
| SEVERAL ADIDAS T-SHIRTS | PAJAMAS |
| ANY PRESCRIPTION MEDICINES YOU NEED | |
| WATER BOTTLE | |

****adidas gear only**

THINGS NOT TO BRING TO CAMP

Television
Expensive electronic items
Jewelry
Computer (computer lab on site for adults)

