

## **2020 List of Things to Bring for Volleyball Camp**

Check in will be Sunday, August 2<sup>nd</sup> at 2 pm

Check out will be Friday, August 7<sup>th</sup> at 3 pm

Health History Update (if needed)

USDA food form

Signed Camper Participation Agreement

**NO Phones**

Jacket, long pants, long-sleeve shirt

Warm bedding and pillow (sleeping bag, sheet & blankets)

Non-aerosol insect repellent

Modest swimwear (Tank-top will be fine)

**Refillable Water Bottle (labeled with name)**

Spending Money

8-10 pair of Volleyball socks

Soap, 3 towels (2 bath & 1 pool) toothbrush, personal hygiene items (deodorant)

2 pair of tennis shoes (1 pair to be worn indoor) for gym

Flashlight, Sun block

6 + pairs Athletic shorts (non-denim) or modest volleyball shorts

6+ t-shirts,

2 sets of Knee pads

Envelopes and stamps, Pencil and paper (optional)

Ankle braces if needed

A good attitude

Kind words

Respect for others

And don't forget your BIBLE!

If you are allergic to bee stings, please bring your Epi-pen with you and check it into the nurse, along with other medications.

If your child regularly wraps their ankles/wrists to play sports, they are required to bring their own supplies. It is the responsibility of coaches to wrap not the nurse.