

# WHAT TO BRING

## ALL LIVE-IN CAMPS – ALL AGE GROUPS

- ✓ A LEARNING ATTITUDE
- ✓ A Soccer Ball
- ✓ SHOES: Cleats, Athletic, Hiking, Running
- ✓ SOCCER Clothing (Shorts, Shirts, Socks)
- ✓ Shin Guards - *REQUIRED at ALL RMSC Sessions*
- ✓ Cold Weather Gear (Sweats, Gloves, etc.)
- ✓ Rain Gear (In case it rains)
- ✓ Water Bottle(s) - Hat - Sunscreen
- ✓ Sleeping Bag and Pillow
- ✓ Personal Items (Tooth Brush, Shampoo, Soap, Etc.)
- ✓ Towel and Wash Cloth
- ✓ Day Pack for Hiking
- ✓ Lots of Socks
- ✓ Flashlight - Day Pack - Camera
- ✓ Spending \$\$\$ (For Ice Cream, Snacks and/or Shopping in Victor)
- ✓ Snacks

### *WINTER CAMPS ADD.....*

- ✓ SHOES: Non-Marking Indoor (Gym) Soccer Shoes or Flats – Snow Boots
- ✓ Warm and/or Snow Clothes for Sledding and Ice Skating (There are plenty of skates at the ice rink, but if you have a pair that you like, feel free to bring them!)

### *Please DO NOT Bring:*

- ✓ Portable Music Devices ( Ipod, Mp3, etc.)
- ✓ Portable Video Game Devices (Gameboy, PSP, etc.)
- ✓ Portable Computers or DVD Players
- ✓ Matches or Fire Starting Equipment
- ✓ Knives or Objects used for cutting
- ✓ Weapons of any sort

These items WILL BE confiscated and returned at the end of the camp.

### *Helpful Hints...*

- ✓ Soccer Camp is NOT a good place to “Break-in” new soccer shoes!
- ✓ We are at an Elevation of 9,697 feet above sea level. Please HYDRATE yourselves and drink LOTS of water 2 to 3 Days *before* coming to camp so that there are no dehydration issues due to the Altitude. “HYDRATION IS THE KEY TO SUCCESS!”